

fine Cooking

EASIEST EVER
Valentine's Breakfast

WE BRING OUT THE COOK IN YOU

The Ultimate Mac & Cheese!

EAT SMART

- Guilt-free blueberry muffins
- Vegetarian night
- Winter salads

Step by step
to authentic
*Chinese
Dumplings*

COOK-NOW RECIPES FOR
**SHORT RIBS,
SOUPS & STEWS**

FEB/MAR 2010 • No.103
www.finecooking.com

\$6.95 CAN \$7.95



Pulled-Pork Macaroni and Cheese
with Caramelized Onions and
Four Cheeses, page 8



PROUD TO BE AUTHENTIC.



100 years, 4 generations, just one secret:
the real Balsamic Vinegar of Modena.

www.monarifederzoni.com

The Monari Federzoni balsamic vinegar of Modena has received the Protected Geographical Indication recognition by the European Union.



CONTENTS

FEBRUARY/MARCH 2010 ISSUE 103

FEATURES

36 Braised Short Ribs

COOKING WITHOUT RECIPES

The slow-cooking technique is easy; the flavor combinations are many. *By Susie Middleton*

44 Green Goddess

Guacamole—you bet. But just wait until you meet the avocado in soup, salads, frozen yogurt, and more. *By Deborah Madison*

52 Party of Two

This Valentine's Day, celebrate with a breakfast menu that's as quick and easy as it is special. *By Nicole Rees*

56 The Classic Cassoulet

A step-by-step guide to mastering this legendary French stew, homemade duck confit included. *By Martha Holmberg*

62 Flex Your Meals

Here's a strategy for creating dishes that satisfy both the vegetarian and the meat lovers at your table. *By Ivy Manning*

70 Chinese Dumplings

COOKING CLASS

A cooking teacher shows us how to make classic Chinese dumplings and pot stickers, plus a variety of fillings and dipping sauces. *By Thy Tran*

76 Devil's Food Cake

CLASSIC/CLASSIC UPDATE

The original sinful chocolate dessert faces off against a contemporary reinvention. Which will take the cake? *By David Guas and Elizabeth Falkner*

Homemade dumpling dough becomes authentic Chinese dumplings and pot stickers, page 70.

CONTENTS

FEBRUARY/MARCH 2010 ISSUE 103



17



31



91



98



22

DEPARTMENTS

15 Marketplace

TRY THIS Sunchoke

WHAT WE'RE COOKING NOW

Broccoli, Grapefruit, Sweet Onions

PRESERVING THE SEASON

Pickled Ginger

NEWS Good-to-know info, trends, and ideas

BIG BUY COOKING Olives

22 Great Finds

GO SHOPPING Our latest buys for the kitchen and table.

24 Scalloped Potatoes

REPERTOIRE A classic side dish for your recipe collection.

26 One-Pot Wonders

COUNTER CULTURE Multicookers are the latest trend in kitchen appliances. Here's what's new.

28 The Reading List

BOOKS THAT COOK New must-reads for food lovers.

30 Dream Muffins

THE GOOD LIFE Nutritionist Ellie Krieger makes a favorite bakery treat healthier.

32 Electric Skillets

TEST DRIVE Our top picks for a countertop appliance that's staging a comeback.

34 Hidden Gems

DRINKS Six underappreciated and underpriced wines you should be drinking. Now.

81 Test Kitchen

Tips, techniques, equipment, ingredients, and more, from our experts.

88 Make It Tonight

FAST AND FRESH Just 30 minutes to dinner, start to finish.

98 Scott Gold

FOOD FOR THOUGHT A carnivorous missionary spreads the word on the thrill of adventurous meat-eating.

in every issue

6 FROM THE EDITOR

10 READERS' LETTERS

12 CONTRIBUTORS

13 FINECOOKING.COM

93 WHERE TO BUY IT

94 NUTRITION

96 MENUS

97 RECIPE INDEX



p. 8

The Ultimate Mac & Cheese!

p. 30

EAT SMART

p. 62

Guilt-free

Blackberry muffins

Vegetarian night

Winter salads

Step by step

to authentic

Chinese

Dumplings

COOK NOW RECIPES FOR

SHORT RIBS,

SOUPS & STEWS

pp. 62

& 56

p. 52

Baci[®]

 **PERUGINA[®]**



Perugina
chocolate
also available
in bars.



La vera felicità non dipende dal numero dei tuoi amici,
ma da quanto essi valgono.
True happiness doesn't depend on how many friends you have
but on how important they are to you.
(S. Johnson)

Baci PERUGINA

A kiss from the heart of Italy!

In the heart of Italy's majestic region of Umbria, the historic home of St. Valentine, a young Perugina chocolatier was inspired to create Baci – Italian for kiss. For nearly 100 years, passion for the Baci tradition remains unchanged. Silky dark chocolate envelops a heart of gianduja, sprinkled with chopped hazelnuts and crowned with a whole hazelnut. Each kiss is hugged by a love note and wrapped in Baci's iconic silver and blue foil.

Enter the
Kiss Me! 
Photo Contest
www.bacikisses.com
Hundreds of Prizes!
Grand Prize
A Trip for Two to Italy

Perugina is a proud sponsor of Public Television's "Lidia's Italy" with Lidia Bastianich www.lidiasitaly.com

Two in One

WITH THIS ISSUE, we celebrate the one-year anniversary of the redesigned *Fine Cooking*. And what a year it's been. The magazine you hold isn't the same one it was six issues back. Not every change we made stuck; it's been a year of getting it right. Of course, we're still working on that, since the redesign process is as much about a magazine's evolution as it is about that first issue, with its new look, new features, and new columns.

(Late-breaking news: We're thrilled to announce that we just won the bronze Ozzie award from Folio magazine for best consumer magazine redesign. Congratulations to art director Don Morris and his team, who are, clearly, getting it right.)

But one thing hasn't changed, and won't. Ever. It's our commitment to good food, whether that means a ready-in-30-minutes dinner of Smoky Rib-Eye Steaks with Loaded Mashed Potatoes (page 88) or our rise-to-the-challenge Cassoulet of White Beans with Braised Pork, Sausage, and Duck Confit (page 56). At *Fine Cooking*, we are about dishes that are deliciously easy, and we're about deliciously adventurous recipes that take your cooking to the next level.

By way of example, this issue features two mac and cheese recipes. Quick Skillet Mac and Cheese (page 90) is fast, simple, and perfect for a busy weeknight. Pulled-Pork Macaroni and Cheese with Caramelized Onions and Four Cheeses (our cover recipe, page 8) is indulgent, impossibly good, and worth the extra time and effort. I like to think that we are both of these dishes—the simple and the sublime—and that both get equal billing in these pages.

But what do you think? Are we doing a good job of helping you get dinner on the table on Tuesday night, while at the same time inspiring the cook in you? Let me know. And while you're at it, let me know which mac and cheese makes your day.



Laurie Buckle, editor
fc@taunton.com

more fine cooking



Books

A favorite column in the magazine, *Big Buy Cooking*, is now a must-have book. It's packed with great ideas for using up your favorite warehouse store buys, from that big block of cheddar to the two-loaf pack of artisan bread. Available January 28, it's \$19.95 at store.taunton.com.



Special Issues

We have two new special issues of *Fine Cooking* coming out in the next few weeks. Take a look.

SOUPS & STEWS

Cold-weather comfort in a bowl! More than 79 recipes for hearty soups and stews to make now. Available February 2; go to store.taunton.com to pre-order your copy for \$9.99.

REAL ITALIAN

Homemade pizza, irresistible pastas, delicious risottos, and more fill the pages of this gorgeous collection of authentic Italian recipes. Available February 23; reserve your copy of this special issue at store.taunton.com for \$9.99.

Continued on page 8

300 YEARS OF COMMITMENT TO YOUR CUP OF TEA.

You can taste our passion and
commitment to the perfect cup of tea with
every sip you take. Using only the finest
leaves the world has to offer, we blend
more than 50 different varieties of tea.
So whether you choose a classic black,
soothing green, or calming herbal, you're
sure to taste the difference only
300 years can make.

You deserve a better cup of tea.



Over 50 different varieties

 classics

 greens

 herbals

 flavoureds

 origins



COVER RECIPE



pulled-pork macaroni and cheese with caramelized onions and four cheeses

The Quick Skillet Mac and Cheese on p. 90 (above right) makes for a great 30-minute meal, but if you're looking for an over-the-top indulgence you won't soon forget, give this version a try (above left).

Serves 6

- 1 4-lb. smoked pork shoulder
- 12 oz. dried ridged pasta, preferably radiatore
- Kosher salt
- 4 Tbs. (2 oz.) unsalted butter
- 2 small yellow onions, chopped (1½ cups)
- 1½ oz. (¾ cup) all-purpose flour
- 3½ cups whole milk
- 1½ cups dry white wine
- 2 Tbs. finely chopped fresh sage leaves
- Freshly ground black pepper
- 4 oz. grated Gruyère (1½ cups)
- 4 oz. grated Emmentaler (1½ cups)
- 4 oz. grated fontina (1½ cups)
- ¾ cup panko
- 2 oz. finely grated Parmigiano-Reggiano (2 cups)
- 2 Tbs. extra-virgin olive oil
- 2 Tbs. thinly sliced fresh chives

Position a rack in the center of the oven and heat the oven to 325°F.

Put the pork in a large heavy-duty roasting pan, cover with foil, and roast until the meat is falling off the bone, 5 to 6 hours. Cool until warm enough to handle, about 1 hour.

Meanwhile, cook the pasta in a large pot of well-salted water according to package directions until just barely al dente. Drain and set aside.

Shred the pork by hand, pulling it into 2-inch-long pieces. Discard the bone and any excess fat. Set aside 1 lb. of the pulled pork (about 4 cups) and save the rest for another use. (For ideas, go to Roast Pork Replay at FineCooking.com/extras.)

Raise the oven temperature to 350°F.

Melt the butter in a large 8-quart saucepan over medium heat. Add the onions, reduce the heat to low, and cook, stirring frequently, until golden and very soft, about 20 minutes.

Whisk in the flour and cook for 30 seconds. Whisk in the milk in a slow, steady stream. Raise the heat to medium high and whisk constantly until the mixture begins to thicken and bubble, 3 to 5 minutes.

Whisk in the white wine, sage, and a ½ tsp. each salt and pepper. Bring the mixture to a low simmer, whisking constantly.

Reduce the heat to low and use a wooden spoon to stir in the Gruyère, Emmentaler, and fontina. Stir in the reserved pork and pasta until well coated. Pour the mixture into a 12-inch cast-iron skillet.

In a small bowl, mix the panko, Parmigiano, and olive oil. Sprinkle evenly over the mixture in the skillet.

Bake until the topping is browned and the cheese sauce is bubbling through the topping and around the edges of the skillet, 40 to 45 minutes. (If the topping begins to brown too deeply, tent loosely with foil.) Let the macaroni and cheese rest for at least 15 minutes. Sprinkle with the chives and serve.

—Bruce Weinstein and Mark Scarbrough

fine Cooking®

Editor	Laurie Glenn Buckle
Art Director	Don Morris
Senior Food Editor	Jennifer Armentrout
Senior Editor	Rebecca Freedman
Managing Editor	Lisa Waddle
Associate Editors	Laura Giannatempo Denise Mickelsen
Senior Copy/ Production Editor	Enid Johnson
Associate Art Director	Pamela Winn
Photo Editor	Kelly Coughlan Gearity
Associate Food Editor/Stylist	Samantha Seneviratne
Assistant Food Editor	Melissa Pellegrino
Editorial Assistant	Julissa Roberts
Test Kitchen Interns	Matthew Ambrose Amanda Digges
Editorial Intern	Ashley Fenton
Executive Web Producer	Matt Berger
Web Producers	Sarah Breckenridge Robyn Doyon-Aitken
Editor at Large	Susie Middleton
Contributing Editors	Pam Anderson Abigail Johnson Dodge Maryellen Driscoll Allison Ehri Kreidler Ellie Krieger Kimberly Y. Masibay Tony Rosenfeld Molly Stevens
Senior Managing Editor, Books	Carolyn Mandarano

Fine Cooking: (ISSN: 1072-5121) is published six times a year by The Taunton Press, Inc., Newtown, CT 06470-5506. Telephone 203-426-8171. Periodicals postage paid at Newtown, CT 06470 and at additional mailing offices. GST paid registration #123210981.

Subscription Rates: U.S. and Canada, \$29.95 for one year, \$49.95 for two years, \$69.95 for three years (GST included, payable in U.S. funds). Outside the U.S./Canada: \$36 for one year, \$62 for two years, \$88 for three years (payable in U.S. funds). Single copy, \$6.95. Single copy outside the U.S., \$7.95.

Postmaster: Send address changes to *Fine Cooking*, The Taunton Press, Inc., 63 South Main St., P.O. Box 5506, Newtown, CT 06470-5506.

Canada Post: Return undeliverable Canadian addresses to *Fine Cooking*, c/o Worldwide Mailers, Inc., 2835 Kew Drive, Windsor, ON N8T 3B7, or email to mnfa@taunton.com.

Printed in the USA.



Discover a New World with Heirloom Grains

They say history always repeats itself, and with the selection of heirloom grains from Bob's Red Mill, you'll understand why. Bob's Red Mill has explored history and traveled the world for heirloom grains to excite your palate. From the pyramids of Egypt to the Incan ruins of South America, these unique grains have been renowned for centuries for their distinct flavors. Discover the secrets of ancient cultures and try Bob's Red Mill heirloom grains today.



MADE IN THE U.S.A.



Whole grain foods for every meal of the day.
www.bobsredmill.com/fc 1.800.349.2173

Zingerman's bake-cations



Hands-On Baking Vacations at Zingerman's Bakehouse in Ann Arbor, Michigan

2 and 4 day, hands-on **BAKE-cations** are designed to give home-bakers the opportunity to learn a full range of **bread and pastry baking methods**. Take home the recipes and knowledge that have made Zingerman's Bakehouse one of the most respected artisanal bakeries in the country (and satisfied taste buds too!)



Available dates and registration at
www.bakewithzing.com
 (734) 761.7255

GelPro
Gel-Filled Anti-Fatigue Floor Mats

The Floor Mat Redefined!

Finally, a chef's mat designed to address the needs of everyone with hard flooring *and* discriminating taste!

Made with a soft, shock-absorbing gel core, GelPro® Mats are great for people with back or foot pain, or for those that just love to cook.

Now available in more than **200 combinations** of styles, colors, and sizes to fit any home's décor. Designer Sizes as large as **3 feet x 12 feet**.

Order today and Stand in Comfort!™
www.gelpro.com
866-GEL MATS (435-6287)

Rattlesnake Dark Doe 20' x 72"

Fabrics include Basketweave, Cordoba, Stria, Crocodile, Ostrich, Flora and Rattlesnake

THE WINNER

Reader tip: New uses for a panini grill

I've found that a panini grill works for grilling eggplant and zucchini, as well as a mini version of potatoes Anna. Just thinly slice the vegetables, coat lightly with olive oil, and grill. This makes eggplant rollatini and stuffed zucchini rolls a snap; they have great grill marks, and both sides are done at the same time. Also, it's much easier than grilling outside in the winter.

—Peg Nikoden, via e-mail

We want to hear from you. Send us your best tip and we'll pick a winner from all the entries. Peg's prize is a Chef's Choice SmartKettle cordless electric kettle.

CALL OR WRITE: *Fine Cooking*,
The Taunton Press, 63 S. Main St.,
PO Box 5506, Newtown, CT 06470-5506.
Tel: 203-426-8171. Send an email:
fc@taunton.com.



Mexican anything where I live, so when I saw Daniel Hoyer's recipe in your December/January issue I decided to give it a try. It took two days to get it all together, but tonight I steamed the tamales, and they are the best I've ever eaten, bar none. And the directions were precise and very easy to follow. Keep up the great work.

—Roswitha Linde, Wolcott, Vermont

Take the cake...

My son almost had a happy-boy seizure over the chocolate cake on the December/January cover. When I got home from an errand, he met me in the driveway, waving the magazine at me, vibrating with anticipatory happiness and yelling, "Pu-lease make this! Pu-lease! I'll be good! I'll do anything, absolutely anything you want!" Obviously, if the cover was designed to appeal to small boys with extreme chocoholism, it was highly successful.

—Biscuit on the CooksTalk forum
at *FineCooking.com*

Easy as pie

As a pie-maker who's had many hits and misses in the past, I thought Nicole Rees's story in your October/November issue was perfect: Her method was spot on, conveying in two handy pages all of the advice that I've had to cobble together from various recipes that didn't address all my questions. As subscribers, my husband and I will be more than happy to read whatever Ms. Rees has to say in the future—me especially, since I'm the family baker.

—Amanda Bernsen, via email

Pigging out

In the October/November issue, your editor, Laurie Buckle, alluded to something I've been hoping to see in your magazine for some time—recipes for pigs' tails. When I was a child, Schneider's Meats in Kitchener, Ontario, sold heat-and-serve pigs' tails. Unfortunately, they discontinued the product some years ago, and despite many attempts, I've never been able to recreate the dish. The closest I've come is by cooking them long and slow in a consommé. I would love to see and

taste what your many fine contributors could come up with using these tasty morsels.

—Mark Paleczny, Kitchener, Ontario

Recipes, your way

Just a note to say thanks for the Create Your Own Recipe feature at *FineCooking.com*. I must own more than 1,000 cookbooks and magazines, but when I want to make something with an ingredient I have in mind, I can never find a recipe. Online, I can type in whatever ingredients I wish, and the recipe just seems to work out perfectly. I created my own banana rum bread pudding tonight, and it was to die for.

—J. Rubello, via email

Hot tamales

I live in northern Vermont (but lived in California for more than 30 years) and have craved a good tamale for ages. I've bought many cookbooks but was never inspired to try their tamale recipes because they always looked so daunting and above my skill level. You can't imagine how hard it is to get good

...or not

I love your magazine, but your latest cover was disappointing. What on earth were you thinking? When so many Americans are obese, the last thing we need in a cooking magazine like yours is a Texas-size cake. And marshmallows on top, to boot. What's wrong with a normal-size two-layer cake, a piece of which would still be an indulgence? And, please, save the marshmallows for the campfire.

—Barbara Fox, via email

Short and sweet

I have had your *SweetCakes* special issue for several weeks, and every time I pick it up, I turn the oven on. To call it an extraordinary issue is an understatement. It's the epitome of everything *Fine Cooking*.

—Ian Patrick, Park City, Utah

Editors' reply: Glad you like it. Keep an eye out for our next special issue, *Soups & Stews*, in early February.

fine Cooking®

National Advertising
Manager

Patrick J. O'Donnell
203-304-3250
podonnell@taunton.com

Advertising Sales
East Coast

Judy Caruso
203-304-3468
jcaruso@taunton.com
Margaret Fleming-O'Brien
203-304-3530
mflemingobrien@taunton.com

Midwest

Mark Adeszko
312-629-5222
madeszko@aol.com

West Coast

Chuck Carroll
818-972-9650
cwcarrroll@earthlink.net

Advertising Sales Assistant

Heather Sims

Director of

Advertising Marketing

Kristen Lacey

Senior Marketing

Manager, Advertising

Karen Lutjen

Marketing Associate

Megan Kolakowski

Member Audit
Bureau of Circulation



Senior Consumer
Marketing Director
Senior Consumer
Marketing Manager
Senior Manager
Web Marketing
Business Managers

Beth Reynolds, ProCirc
Melissa Robinson
Robert Harlow
David Pond,
Megan Sangster



The Taunton Press

Inspiration for hands-on living®

Independent publishers since 1975

Founders, Paul & Jan Roman

President

Suzanne Roman

EVP & CFO

Timothy Rahr

SVP & Chief

Content Officer

Paul Spring

SVP, Creative

Susan Edelman

SVP & Chief

Marketing Officer

Janine Scolpino

SVP, Advertising Sales

Karl Elken

SVP, Technology

Jay Hartley

SVP, Operations

Thomas Luxeder

VP, Taunton Interactive

Jason Revzon

VP, Digital Content

Anatole Burkin

VP, Editorial Development

Maria Taylor

VP, Single Copy Sales

Jay Annis

VP & Controller

Wayne Reynolds

VP, Finance

Kathy Worth

VP, Human Resources

Carol Marotti

VP, Fulfillment

Patricia Williamson

Publishers of magazines, books, videos and online

Fine Woodworking • Fine Homebuilding

Threads • Fine Gardening • Fine Cooking

www.taunton.com

**MADE IN MAINE,
USED EVERYWHERE**

Border Grills

RISTORANTE
BABBO
ENOTECA

OTTÖ
piacere

RATHBUN'S

CIUDAD.

Photographed at Ciudad (Los Angeles) for American restaurant of:
Chef Mary Sue Milliken and Susan Spector

TOP RESTAURANTS ALL OVER THE
COUNTRY HAVE VIC FIRTH GOURMET
MILLS ON THEIR TABLES.

Bring the quality and beauty of our
salt and pepper mills home to your table.
Ask for them at your local housewares store.
And be sure to get your FREE FUNNEL with
mill purchase for easy, mess-free refills.

VIC FIRTH
Gourmet

Thoughtfully designed.
Meticulously crafted.

GUARANTEED FOR LIFE.

Vic Firth Gourmet • 77 High Street, Newport, ME 04953
800-894-5970 • vicfirthgourmet.com

*More than a
Recipe.*

It's a way of life.

LE CORDON BLEU®
GASTRONOMY • HOSPITALITY • MANAGEMENT

Tradition, Innovation & Excellence since 1895
Explore the possibilities at www.cordonbleu.edu

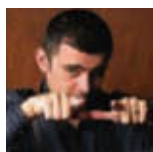
CONTRIBUTORS



Deborah Madison (“Green Goddess,” page 44) is a cookbook author, cooking teacher, and consultant. Her next book, *Seasonal Fruit Desserts from Orchard,*

Farm, and Market, is due out this spring.

- **My go-to weeknight dinner is...** seared tofu with a really spicy peanut sauce, bok choy, and brown rice.
- **The dish I most want to learn to cook is...** large curd cottage cheese. It doesn't seem to be something you can buy anymore and my husband loves it.
- **My latest food discovery is...** ghee made by a small company in Berkeley called Ancient Organics.



Gary Vaynerchuk (“Drinks,” page 34) is the founder and host of winelibrarytv.com, a Webcast for his unconventional online video wine reviews. He is also the

director of operations at Wine Library, his family's wine store in Springfield, New Jersey. He recently published his first book, *Crush It! Why Now is the Time to Cash in on your Passion*.

- **My drink of choice is...** craft root beer.
- **The three items always in my shopping cart are...** sesame seeds, Explorateur cheese, and English peas.
- **The strangest thing I've ever eaten was...** dirt, on the Conan O'Brien show.



Linda Ziedrich (“Preserving the Season,” page 18) is a freelance food writer, cookbook editor, designer, and master food preserver. Her cookbook, *The Joy*

of Pickling, was recently revised and released in paperback, and *The Joy of Jams, Jellies, and Other Sweet Preserves* was published in the spring of 2009.

- **My favorite food memory is...** eating French onion soup in Union Square, San Francisco, on the day my husband and I bought our wedding rings.
- **My latest kitchen acquisition was...** two bamboo spoons.
- **My drink of choice is...** my husband's homemade hard apple cider.



David Guas (“Devil's Food Cake,” page 76) is a pastry chef, consultant, cookbook author, and chef/owner of DamGoodSweet Consulting Group. His new cookbook,

DamGoodSweet: Desserts to Satisfy your Sweet Tooth, New Orleans Style, was published in October 2009.

- **My latest kitchen purchase was...** a meat grinder. I'm into making sausages.
- **For breakfast, I eat...** not much during the week, but on Sundays we have biscuits with strawberry jam or butter and cane syrup.
- **My favorite food memory is...** participating in a king-cake-eating competition right before high-school swim practice.



Cookbook author, travel writer, and recipe developer, **Ivy Manning** (“Flex Your Meals,” page 62), lives in Portland, Oregon, with her vegetarian husband.

Her most recent book is *The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans, and Omnivores at Your Table*.

- **I'm currently obsessed with...** Malaysian food. It's my new frontier.
- **Scrambled or fried?** Neither. I'm not a big fan of eggs.
- **The strangest thing I've ever eaten was...** deep fried bamboo worms in Thailand. They taste like riding your bike with your mouth open.



Elizabeth Falkner (“Devil's Food Cake,” page 76) is executive chef and co-owner of Orson and Citizen Cake restaurants in San Francisco. Her cookbook, *Demolition*

Desserts, was published in 2007, and she is a frequent guest and judge on national television cooking shows.

- **My least favorite food is...** oily fish, like sardines and anchovies. I'm trying to come to terms with them, though.
- **Currently, I'm obsessed with...** trying all of the different Oreo-type cookies on the market to find out which is best.
- **My favorite aspect of my job is...** every day I get the chance to do things better.



Nicki Pendleton Wood (“Test Drive,” page 32) is a food writer and cookbook editor based in Nashville. She recently collaborated with Mel Bartholomew on

his first cookbook, *All New Square Foot Gardening Cookbook*.

- **Scrambled or fried?** Scrambled. I have a near-Hitchcockian aversion to runny egg yolks.
- **My drink of choice is...** wine when I can, water when I can't.
- **The best aspect of my job is...** finding people who make traditional or obscure dishes by hand. I recently discovered a woman selling incredible fried apple pies out of a trailer.



Scott Phillips is photography manager for the Taunton Press. He has been affiliated with the Connecticut-based publisher (which publishes

Fine Cooking, among others) since 1995 and has been “our man behind the camera” since then. He is a graduate of Rochester Institute of Technology, where he earned a BFA in professional photographic illustration.

- **My favorite ingredients are...** all the “bad” stuff, like cheese, bacon, and butter.
- **Pie or cake?** No, thank you.
- **The best part of my job is...** discovering new foods on the set and learning how to cook them.

A split plate

We'd like to shout out an extra-special “thanks” to three of our colleagues at *Fine Woodworking*—Kelly Duntun, Michael Pekovich, and Asa Christiana—who helped us split two bowls for the “Flex Your Meals” story on page 62.



FINECOOKING.COM

fine
Cooking®

To contact us:

Fine Cooking,
The Taunton Press,
63 South Main Street,
P.O. Box 5506, Newtown,
CT 06470-5506
Tel: 203-426-8171

Send an e-mail to:

fc@taunton.com

Visit:

www.finecooking.com

To submit an article proposal:

Write to *Fine Cooking* at the address above or
Call: 800-309-0744
Fax: 203-426-3434
Email: fc@taunton.com

To subscribe or place an order:

Visit www.finecooking.com/fcorder
or call: 800-888-8286
9am-9pm ET Mon-Fri
9am-5pm ET Sat

To find out about *Fine Cooking* products:

Visit www.finecooking.com/products

To get help with online member services:

Visit www.finecooking.com/customerservice

To find answers to frequently asked questions:

Visit www.finecooking.com/FAQs

To contact *Fine Cooking* customer service:

Email us at support@customerservice.taunton.com

To speak directly to a customer service professional:

Call 800-477-8727 9am-5pm ET Mon-Fri

To sell *Fine Cooking* in your store:

Call us toll-free at 866-505-4674, or
email us at magazinesales@taunton.com

To advertise in *Fine Cooking*:

Call 800-309-8940
Or email us at fcads@taunton.com

Mailing list:

We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please visit:
www.finecooking.com/privacy
or call: 800-477-8727 9am-5pm ET Mon-Fri

For employment information:

Visit www.careers.taunton.com

The Taunton guarantee:

If at any time you're not completely satisfied with *Fine Cooking*, you can cancel your subscription and receive a full and immediate refund of the entire subscription price. No questions asked.

Copyright 2010 by The Taunton Press, Inc. No reproduction without permission of The Taunton Press, Inc.

What's for Dinner?

Need a little midwinter inspiration?
That's where **FineCooking.com** comes in.



MENU MAKER

Use our interactive Menu Maker to create your own menu, complete with a tailored-to-you timeline and shopping list. You can choose from hundreds of our triple-tested recipes to put together:

*
A festive cocktail party

*
A casual Super Bowl bash

*
A Valentine's Day dinner for two



SHARE YOUR RECIPES

Did you know you can now upload your own recipes and share them with our community? Head to the Recipe Exchange to get ideas from other cooks, enter one of our recipe contests, or just share what's coming out of your kitchen.

It's all at **FineCooking.com/community-recipes**.



Sign up for the free **FineCooking.com eLetter** for a weekly look at what's newest and hottest on the Web. Get recipes from our community of cooks, how-to videos, and advice from the experts.

WISCONSIN PARMESAN

Long live the Renaissance man.

He's down-to-earth, yet always upscale. He can hold his own at a spaghetti feed, a neighborhood POTLUCK or a black-tie affair.

Meet PARMESAN. Never one to mistake a dinner fork for a salad fork, he enters the finest restaurants with a head-turning swagger, typically set aside for celebrities and guys named Pierre.

Parmesan. A good FRIEND to have on speed dial.





MARKETPLACE

Shop Smarter, Eat Better

TRY THIS

Sunchokes

KNOBBY, TANNISH-BROWN sunchokes may look like pieces of ginger root, but take one taste and you'll know there's no relation between the two. The sunchoke's intriguing, subtly sweet, nutty flavor is more reminiscent of potato and jícama, with a hint of artichoke.

Sunchokes can be scrubbed, sliced, and eaten raw as a crisp addition to salads and crudité platters, or used as a substitute for water chestnuts or jícama. They can also be roasted, steamed, boiled, or fried and served as a hearty side dish for cooked meats, poultry, and fish. In season from fall through spring, sunchokes should be easy to find in stores right now. If you don't see them, ask the produce manager to order some. You'll both be glad you did.

Continued on page 16



TRY THIS SUNCHOKES

What they are

Though they're also known as Jerusalem artichokes, sunchokes (*Helianthus tuberosus*) aren't artichokes at all. They're actually the tubers of a variety of sunflower, which is why sunchoke or sunflower choke is a better name for them. A good source of vitamin C, iron, thiamin, phosphorus, and potassium, sunchokes were originally cultivated by Native Americans.

How to buy and store them

Choose firm, smooth-skinned sunchokes without sprouts or bruises. Avoid those that feel soft, wrinkled, or moist. Wrap sunchokes in paper towels and store them in a plastic bag in the refrigerator vegetable drawer for up to a week.

How to cook with them

Peeling sunchokes is optional. The thin peel has a slightly chewy texture, but it's not unpleasant, and you may find the effort of peeling their knobby surfaces isn't worth the return.

The cut surfaces of sunchokes, like those of potatoes, tend to oxidize and turn pink. To prevent this, submerge cut sunchokes in lemon water until ready to cook.

Sunchokes become tender and slightly starchy when cooked. To roast them, try the recipe at right, or cut them into chunks, toss with a little oil, season, and add to a roasting pan with a whole chicken or a pork or beef roast during the last half hour of cooking. You can steam or boil whole sunchokes until tender and then mash them roughly or serve them whole. For a creamy soup (the one instance where you may want to peel sunchokes so the soup has a smooth texture), simmer cut-up sunchokes in broth and milk or cream until tender and then purée. And to make addictive sunchoke chips, fry thin slices in peanut oil.

However you prepare them, keep the seasoning mild and minimal to allow the sunchokes' subtle flavor to shine. Vinaigrettes, cream, butter, goat cheese, garlic, nuts, herbs, nutmeg, mace, coriander, fennel seed, mushrooms, bacon, and lemon juice all pair well with sunchokes.

—Jennifer Armentrout



Get information on hundreds of ingredients at FineCooking.com/ingredients.



pan-roasted sunchokes and artichoke hearts with lemon-herb butter

If you don't have dry vermouth, use dry white wine instead.

Serves 4 to 6

- 2 Tbs. extra-virgin olive oil**
- 1 lb. medium sunchokes, scrubbed and cut lengthwise into ¾-inch-thick wedges**
- Kosher salt**
- 8 oz. frozen quartered artichoke hearts, thawed**
- 2 Tbs. finely chopped shallot**
- 3 Tbs. dry vermouth**
- 1 Tbs. fresh lemon juice**
- 2 Tbs. cold unsalted butter, cut into small pieces**
- 1 Tbs. chopped fresh flat-leaf parsley**
- 2 tsp. chopped fresh tarragon**
- Freshly ground black pepper**

Position a rack in the upper third of the oven and heat the oven to 400°F. **In a 12-inch ovenproof skillet**, heat the oil over medium-high heat until shimmering hot. Add the sunchokes and ¼ tsp. salt; cook, flipping as

needed, until well browned on both cut sides, 2 to 3 minutes per side. Add the artichoke hearts and ¼ tsp. salt; cook, stirring occasionally, until lightly browned, 2 to 3 minutes.

Move the skillet to the oven and roast until the sunchokes are tender, about 20 minutes. Transfer the vegetables to a bowl and cover to keep warm.

Set the skillet over medium heat, add the shallot, and cook, stirring with a wooden spoon, until softened and lightly browned, 1 to 2 minutes. Add the vermouth and cook, stirring and scraping the bottom of the pan to loosen any brown bits, until the vermouth has almost evaporated.

Reduce the heat to low, add the lemon juice, and then the butter one piece at a time, swirling the pan to melt the butter before adding the next piece. Stir in the parsley and tarragon. Return the vegetables to the pan and toss to reheat and coat in the butter. Season to taste with salt and pepper before serving.

WHAT WE'RE COOKING NOW

Grapefruit, Sweet Onions, Broccoli

Nine ways to use three seasonal ingredients we can't get enough of. *Fine Cooking* editors share some delicious ideas.



Grapefruit



Fresh grapefruit cocktail

Add equal parts of your favorite blanco tequila and freshly squeezed grapefruit juice, a splash each of Grand Marnier and fresh lime juice, and a pinch of salt to a cocktail shaker filled with ice. Shake, strain into a chilled highball glass, and top off with club soda.

—Denise Mickelsen



Shaved fennel, arugula, and grapefruit salad

Toss baby arugula with grapefruit segments, thinly sliced red onion, chickpeas, and shaved fennel. Dress with a grapefruit vinaigrette made with a touch of honey. The salad's great topped with seared scallops, but you can also serve it as a side or a light starter.

—Laura Giannatempo

Grapefruit sorbet

Heat 1 cup each sugar and water until the sugar is completely dissolved. Add another cup of freshly squeezed Ruby Red grapefruit juice and mix well. Chill until cold; then freeze in an ice cream maker according to the manufacturer's instructions.

—Melissa Pellegrino



Balsamic roasted sweet onions

Cut sweet onions into thick wedges, arrange on a baking sheet, drizzle with olive oil, and season with salt and pepper. Roast until browned and tender, and finish with a touch of balsamic vinegar. They're perfect alongside roast chicken, beef, or pork.

—Lisa Waddle



Pickled sweet onions

Pickled onions are a tasty topping for sandwiches, salads, and grilled meats. Slice a few large sweet onions, pour boiling water over them, drain, and set aside. Bring 2 parts white vinegar, ½ part sugar, a large pinch of salt, and a few cloves of garlic to a boil in a saucepan. Add the onions to the vinegar mixture, transfer to a bowl, and refrigerate to allow the flavors to develop. Store in an air-tight container for up to a week.

—Samantha Seneviratne



Stuffed Vidalia onions

Roast peeled whole Vidalia onions until tender and caramelized on the outside. Scoop out the inner layers (set the outer layers aside), chop them, and mix with cooked couscous, toasted pine nuts, raisins, and chopped fresh parsley. Season, then stuff the mixture back into the onion shells and serve as a side dish.

—Sarah Breckenridge



Broccoli



Broccoli tempura

Make a tempura batter with chilled seltzer water, chickpea flour, and salt. The batter should be thin, about the consistency of heavy cream. Dip broccoli florets in the batter, then deep fry until tender and golden. Drain on paper towels and serve with a dipping sauce of soy sauce, grated fresh ginger, rice vinegar, and a dash of hot chile oil.

—Melissa Pellegrino

Spicy penne with broccoli

Sauté blanched broccoli florets in a little olive oil until brown in spots. Add some chopped garlic, crushed red pepper flakes, and a couple of anchovies and cook, breaking up the anchovies with a spoon, to blend the flavors. Toss with cooked, drained penne and a little bit of the pasta cooking water.

—Laura Giannatempo



Roasted broccoli with herb-lemon butter

For a simple side dish, roast broccoli florets tossed in a little oil along

with some halved garlic cloves until tender and brown in spots. Mix softened butter with chopped fresh herbs, lemon juice, and salt and serve the broccoli with the butter.

—Rebecca Freedman



For more ways to use these ingredients (and hundreds more), go to FineCooking.com/ingredients.

PRESERVING THE SEASON

Pickled Ginger

Spice up your cooking with this flavorful homemade condiment.

BY LINDA ZIEDRICH

WHEN YOU THINK OF PICKLED GINGER, the sweet and sour, artificially neon-pink pile served alongside sushi at Japanese restaurants probably comes to mind. But did you know you can make an all-natural version at home? It's easy to do and keeps in your refrigerator almost indefinitely (the vinegar in the recipe pickles the ginger, preventing bacterial growth, even without canning). Since fresh ginger is available year-round, you can make it anytime and always have it on hand.

Aside from being an ideal accompaniment for sushi and sashimi, pickled ginger can be used in many delicious ways. Try adding it to stir-fries, vinaigrettes, fruit salads, and green salads. Use it in marinades for roasted meats and fish. Or layer it in sandwiches (especially Vietnamese *banh mi*) or in shrimp summer rolls with fresh herbs and rice noodles. This is one condiment that won't sit on the refrigerator shelf for long (even though it can).

homemade pickled ginger

Be sure to use unseasoned rice vinegar here; the seasoned kind contains added sugar and salt. If you like, you can use cider vinegar or white wine vinegar instead. (This recipe also works well with young fresh ginger. For more on that, see Test Kitchen, p. 81.)

Yields 1 quart

- 1 lb. fresh ginger**
- 2 cups unseasoned rice vinegar**
- $\frac{3}{4}$ cup granulated sugar**
- 1 Tbs. table salt**

In a tall 8-quart pot fitted with a rack, sterilize a quart jar by boiling it in water for 10 minutes. Turn off the heat and leave the jar in the water until you're ready to use it.

Peel the ginger with a vegetable peeler or the edge of a spoon. Using a mandoline, slice the ginger as thinly as possible (preferably paper thin and no thicker than $\frac{1}{16}$ inch).

In a 5-quart saucepan over high heat, bring 2 quarts of water to a boil. In a 2-quart saucepan over medium heat, combine the vinegar, sugar, and salt. Stir until the sugar and salt dissolve, then increase the heat to medium high and bring to a boil. Remove from the heat and cover the pan.

When the water boils, add the ginger and cook, stirring once or twice, to soften it, about 30 seconds.

Drain the ginger in a large colander, tossing the pieces so they drain well. Remove the jar from the water bath, and drain well. Transfer the ginger to the jar, using a canning funnel if you have one. Pour in the vinegar mixture (it should completely cover the ginger).

Cover the jar with its lid, allow to cool completely, and refrigerate. The ginger will be ready to eat after several hours and will keep in the refrigerator for up to 6 months.

Linda Ziedrich is an editor, author, and master preserver who lives in Scio, Oregon. Her latest book is The Joy of Jams, Jellies, and Other Sweet Preserves.

The best way to peel fresh ginger is with the edge of a spoon.



NEWS

Track your food

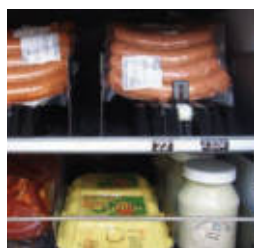
WIDESPREAD FOOD RECALLS and illnesses traced to peanut butter, tomatoes, and spinach have savvy consumers demanding to know where their food comes from. More companies are making it easier to find out. Here's a look at some of the newest ways to trace your food to its source:

- **Just BARE Poultry** has a three-digit code on each package of whole chickens and chicken parts. Enter these numbers at justbarechicken.com and you can find out the location of the family farm that raised the chicken you're about to cook. You can also get buying information on the Web site.
- **YottaMark** is working with farmers and packers to put coded labels on fruits, vegetables, and packaged salads. Consumers can go to harvestmark.com and type in those codes to see where the food is from, as well as the date and time it was packed.
- On the wrapper of each dark chocolate bar from **Republica del Cacao** are the precise GPS coordinates for the farm where the beans for that bar were grown. Visit the Web site at republicadelcacao.com, and you can use Google Earth to watch the cacao farm while eating the chocolate.

"Nobody wants a fish-flavored martini."

—Camper English, San Francisco-based cocktail consultant, explaining why you wouldn't want to use regular old ice cubes that have been exposed to the odors of your freezer in

a carefully mixed cocktail. There's a new alternative: sealed ice cube trays filled with purified water that you freeze. Go to aquaice.com or icerocks.com for more information.



Fresh vend

Vending machines are synonymous with junk food, but that could change if a certain German farm has its way. Drop a few coins into the vending machines operated by Peter-und-Paul-Hof farm and you can get fresh eggs, butter, sausage, and milk. The farm previously delivered its goods door to door but found the process too costly and time consuming. Now the farm has vending machines set up in 13 German towns.



Coconut watch

Trend alert: Coconut is the hottest ingredient to crack the health food market since soy. Sure, we're all familiar with the grated flakes and coconut milk in cans. But some new products are redefining coconut's role as a health food:

- **Coconut water** A mainstay drink in Latin America, the clear liquid from young coconuts has recently entered the United States marketplace, thanks to investments by two of the world's largest beverage companies. Coca-Cola bought a stake in the California-based Zico and PepsiCo bought the Brazilian-based Amacoco. Both are marketing coconut water as a health drink, full of minerals such as potassium, calcium, and magnesium, and low in fat (unlike coconut milk and cream, which come from coconut meat and *are* full of fat). Buy Zico at Amazon.com (\$25 for a 12-pack). Amacoco (sold under the Trop Coco brand) is not yet available in the U.S.
- **Coconut oil** Although we're advised to keep saturated fat consumption to a minimum, recent research has shown that the saturated fat in coconut oil may be more heart-healthy than previously thought. It's also great for cooking: It lends a coconut flavor to food, has a high smoke point, and a long shelf life. California-based La Tourangelle has added coconut oil to its line of nut and infused oils. To order, call 866-688-6457, or email contact@latourangelle.com.
- **Coconut ice cream** The latest dairy-free ice cream product to hit shelves is Purely Decadent from Turtle Mountain. Made from coconut milk instead of cow's milk, the ice cream is gluten-, dairy-, lactose-, and trans-fat-free and comes in five flavors. For availability, go to turtlemountain.com.



BIG BUY COOKING

Olives

Making the most of a favorite food find from a warehouse store. **BY MELISSA PELLEGRINO**

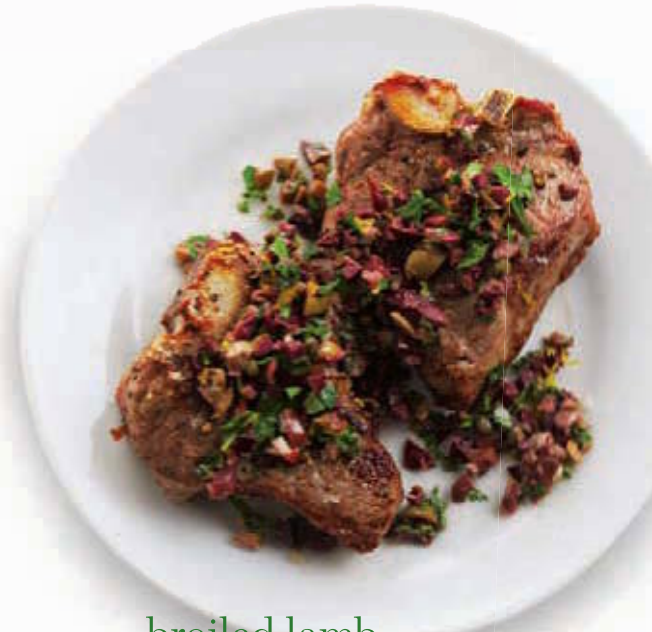
OLIVES ARE A DELICIOUS PANTRY STAPLE, and you can buy lots of juicy jarred olives in brine for very little at a warehouse store. But how to use up that huge jar? Here are three ideas to get you started—a savory tart, a hearty pan-roast, and a tangy salsa. Aside from being easy to prepare and utterly delicious, these recipes are so versatile you can make them with any olives you have on hand—black, green, or a combination. That jar will be gone before you know it.

The Big Buy

What: Jarred brined olives (pitted Kalamata or mixed “Italian” black and green olives, depending on the store).

How much: One 52-oz. jar or two 32-oz. jars.

How to store: Store the olives in the refrigerator for up to three months.



broiled lamb loin chops with olive-mint salsa

This vibrant salsa comes together in minutes, making the dish perfect for weeknight cooking.

Serves 4

- 1 cup jarred brined olives, rinsed, pitted, and finely chopped**
- ¼ cup extra-virgin olive oil; more for the pan**
- ¼ cup chopped fresh flat-leaf parsley**
- ¼ cup chopped fresh mint**
- 1 small shallot, minced (2 Tbs.)**
- 1½ Tbs. red wine vinegar**
- 2 tsp. capers, rinsed and drained**
- 1 tsp. finely grated orange zest**
- Kosher salt and freshly ground black pepper**
- 8 1½- to 2-inch-thick lamb loin chops, (about 3 lb.)**

In a medium bowl, mix the olives, 3 Tbs. of the oil, the parsley, mint, shallot, vinegar, capers, and orange zest. Season to taste with salt and pepper. Set aside for 20 minutes to let the flavors meld.

Position an oven rack 6 inches from the broiler and heat the broiler on high. Lightly oil the grate of a broiler pan and line the bottom of the pan with foil.

Rub the lamb chops with the remaining 1 Tbs. oil and generously season all over with salt and pepper. Set the lamb chops on the prepared pan and broil until well browned, about 8 minutes. Flip the chops and continue to cook until the second side is well browned, about 3 minutes more for medium rare. Let the lamb rest for 5 minutes.

Top each lamb chop with some of the olive salsa and serve.

olive tapenade tart with caramelized red onions

Tapenade is a savory condiment most often made from olives, capers, anchovies, lemon, and olive oil. Here, it's used to delicious effect in a riff on the Provençal onion-olive-anchovy pizza called *pissaladière*.

**Serves 6 as a starter
or 4 as a light lunch**

- 2 Tbs. extra-virgin olive oil
- 1 Tbs. unsalted butter
- 3 oil-packed anchovy fillets, drained and finely chopped
- Pinch of crushed red pepper flakes
- 1 tsp. fennel seeds, crushed
- 2 medium red onions, halved lengthwise and sliced crosswise ¼ inch thick (7 ½ cups)
- Kosher salt
- 2 Tbs. chopped fresh flat-leaf parsley
- 1 Tbs. chopped fresh thyme
- Freshly ground black pepper
- 1 cup jarred brined olives, rinsed, pitted, and coarsely chopped
- 1 medium clove garlic, minced
- 2 tsp. fresh lemon juice
- 1 tsp. finely grated lemon zest
- All-purpose flour, for rolling
- 1 sheet frozen all-butter puff pastry, thawed
- ½ cup whole-milk ricotta
- 1 large egg

Position a rack in the center of the oven and heat the oven to 425°F.

In a 12-inch skillet, heat 1 Tbs. of the oil with the butter over medium heat. Add the anchovies, pepper flakes, and fennel seeds and cook, stirring, until fragrant and the anchovies begin to break down, about 30 seconds. Add the onions and a generous pinch of salt and cook, stirring occasionally, until they begin to caramelize, 15 to 18 minutes. Transfer to a bowl, let them cool slightly, and then gently stir in the parsley and ½ Tbs. of the thyme. Season to taste with salt and pepper.

In a small food processor, pulse ¾ cup of the olives, the garlic, lemon juice, zest, and the remaining 1 Tbs. oil and ½ Tbs. thyme into a coarse paste. Set the tapenade aside.

On a lightly floured surface, roll the puff pastry into a 9x12-inch rectangle. Transfer to a rimmed baking sheet lined with parchment. Dock the pastry by pricking it all over with a fork (for more on docking, see Test Kitchen, p. 81), leaving a 1-inch border along the edges. Spread the olive tapenade evenly on the pastry within the border. Top with the onions, dollops of the ricotta, and the remaining ¼ cup olives.

In a small bowl, beat the egg with ½ tsp. water. Brush the pastry border with the egg wash and bake the tart until the pastry is puffed, deep golden-brown on the edges, and light golden-brown on the bottom, 20 to 25 minutes. Let cool briefly and serve warm.



pan-roasted chicken with olives and lemon

This dish is elegant enough for entertaining but simple enough to make anytime.

Serves 4

- 1 4-lb. chicken, cut into eight pieces
- Kosher salt and freshly ground black pepper
- 1 medium lemon
- 1 Tbs. unsalted butter; more as needed
- 1 Tbs. extra-virgin olive oil
- 5 medium shallots, peeled and quartered lengthwise
- ¾ cup jarred brined olives, rinsed, pitted, and halved
- 8 fresh sage leaves
- 6 small fresh or 3 dried bay leaves
- 2 sprigs fresh thyme, plus 1 tsp. chopped

Position a rack in the center of the oven and heat the oven to 425°F.

Season the chicken generously on all sides with salt and pepper.

Cut the ends off the lemon, stand it on one end, and slice off the peel and the bitter white pith to expose the flesh. Cut the lemon segments from the membranes, letting them drop into a small bowl. Cut each segment crosswise into 4 pieces.

Heat the butter and the oil in a 12-inch ovenproof skillet over medium-high heat. Working in batches if necessary, cook the chicken skin side down until golden-brown, 5 to 6 minutes. Transfer the chicken to a plate. Pour off all but 2 Tbs. of the fat. Add the shallots, olives, sage, bay leaves, thyme sprigs, and lemon segments, and cook until fragrant, 1 to 2 minutes.

Return the chicken to the pan skin side up and transfer to the oven. Roast until an instant-read thermometer inserted into the thickest part of a thigh registers 165°F, 18 to 20 minutes. Serve, sprinkled with the chopped thyme.





GO SHOPPING

Great Finds

Our latest buys for the kitchen and table. BY DENISE MICKELSEN



Eco-Chocolate

These organic artisan chocolates, shaped like endangered animals, come in packaging that turns into a floating candle holder (candle included), so there's no waste. Ten percent of the profits go to the Wildlife Trust. **\$48 at vanishingcreatureschocolate.com; 323-650-2604.**



Cool Cork

Oxo's tenth anniversary edition of its classic Uplift teakettle features a naturally heat-resistant cork handle that's as beautiful as it is practical. **\$70 at oxo.com; 800-545-4411.**



Dinner Art

Decorate your table with delicate porcelain dinnerware adorned with L.A. tattoo artist Paul Timman's designs, inspired by classical Japanese tattoos. **From \$13 to \$64 at velocityartanddesign.com; 866-781-9494.**



Get Your Goat

This French-style goat's milk cheese from Belgium is a rare treat—dense, creamy, floral, and just a touch grassy. It's perfect with a glass of Champagne or a drizzle of honey. **Sainte-Maure Belgique, \$14 for 7 ounces at formaggiokitchen.com; 888-212-3224.**

Hang in There

Use these whimsical monkey-shaped S-hooks to hang pots, pans, and utensils from any rack in your kitchen. **\$28 for a set of three at flavourdesign.com; 778-847-8500.**



Snack Worthy

Raincoast Crisps are crunchy, flavor-packed crackers handmade in small batches in Vancouver. Addictive varieties like rosemary raisin pecan, fig and olive, and salty date and almond have us hooked. **\$7 for a 6-ounce box at amazon.com.**

Out to Dry

Modern and functional, this clever dishrack folds flat for easy storage and has soft polypropylene spikes that are perfect for drying wine glasses. **\$59 at black-blum.com.**



Photographs by Scott Phillips

2009 EDITION!

Fine Cooking – Bound to Last

A year of issues at your fingertips
in a handsome hardbound edition!

Now you can get all of last year's issues in the new 2009 Hardbound Edition of *Fine Cooking* – conveniently bound and designed to last for years. There's no better way to guarantee that you'll always have quick access to the treasury of culinary know-how found in issues #96 to #101. Never again worry about the issue that's stained or dog-eared from use. Now you'll have all six issues – over 600 recipe-packed pages – in their original form, along with a complete index to recipes, techniques, and ingredients.

Only \$32.95 – order today!



2009 edition is available
for shipping 11/17/09
Product #051011



Pan-Roasted Chicken Breasts
with Orange-Brandy Sauce



Chocolate Mousse



Homemade Croissants



Product #051010

Product #051009

A limited number of
2007 and 2008 editions
are still available.

Call toll free 800-888-8286, mention offer code: MC80034
or visit FineCooking.com/Annual

Shipping & handling extra. Payable in U.S. funds.
Customers outside the U.S. and Canada call 203-426-8171 to order.



The Taunton Press
Inspiration for hands-on living®



REPertoire

HOW TO MAKE

Scalloped Potatoes

A classic side dish for your recipe collection.

BY TONY ROSENFELD

CREAMY, RICH SCALLOPED POTATOES are truly simple to make: Thinly slice potatoes, infuse milk and cream with seasonings (like garlic, nutmeg, and fresh herbs), then bake the spuds in the cream mixture until tender and browned on top. (A gratin, on the other hand, has a top crust of breadcrumbs and butter or cheese.) Not only is it easy to make, but it goes with almost anything, from a weeknight roast chicken to a Sunday roast beef. Here are the secrets to making this indulgent cold-weather comfort food.

What's in a name

The term “to scallop” dates back to the 1400s and refers to layering a thinly sliced main ingredient (often a vegetable) with cream or a creamy sauce and baking until tender.

Tool Kit

Check to make sure you have these kitchen essentials before making scalloped potatoes:

- Vegetable peeler
- Mandoline or sharp chef's knife
- 3-quart (9x13x2-inch) baking dish
- Medium (3- to 4-quart) saucepan
- Whisk
- Fine sieve
- Large liquid measuring cup
- Aluminum foil
- Paring knife
- Flat spatula



1

Need to Know

Choose the right potato Use buttery, waxy Yukon Golds; they release just the right amount of starch for a creamy sauce and hold their shape for great texture. (Floury potatoes, like russets, will leak too much starch and give you thick and sometimes gloppy results.)

Stay thin Slice the potatoes very thinly (about 1/8 inch thick) and uniformly so they cook evenly. This is a great time to break out your mandoline **1**, or use a very sharp chef's knife.

Infuse Steep cream and milk with fresh thyme, garlic, and

nutmeg to add lots of extra flavor to the finished dish **2**.

Cover up Keep the potatoes covered during most of the cooking process to seal in steam, which helps promote even cooking. When they're tender, uncover and broil the potatoes for a browned crust.

Let them rest Once the potatoes come out of the oven, give them 5 to 10 minutes to cool and reabsorb the cream mixture before serving. This results in creamy—not soupy—scalloped potatoes.



2



classic scalloped potatoes

Equal amounts of heavy cream and whole milk result in the perfect tender texture and creamy consistency. Resist the urge to use lighter versions of either ingredient if it's the real thing you're after.

Serves 10 to 12

- 2 Tbs. unsalted butter, cut into small pieces; more for the baking dish**
- 1¾ cups heavy cream**
- 1¾ cups whole milk**
- 4 medium cloves garlic, smashed and peeled**
- 2 Tbs. coarsely chopped fresh thyme**
- ¼ tsp. freshly grated nutmeg**
- Kosher salt and freshly ground black pepper**
- 3½ lb. Yukon Gold potatoes (8 to 10 large), peeled and sliced ¼ inch thick**

Position a rack in the center of the oven and heat the oven to 375°F. Butter a 3-quart (9x13x2-inch) baking dish.

In a 3- to 4-quart saucepan, whisk the cream, milk, garlic, thyme, nutmeg, 2½ tsp. salt, and 1 tsp. pepper. Bring to a simmer over medium heat, stirring occasionally, and then remove from the heat and let cool in the pan to room temperature. Strain through a fine sieve into a large liquid measuring cup.

Arrange about a third of the potatoes in an overlapping layer in the baking dish. Give the cream mixture a quick whisk and pour about a third of it over the potatoes. Repeat twice more with the remaining potatoes and cream mixture. Dot the butter over the top and cover with aluminum foil.

Bake until the potatoes are completely tender when pierced with a paring knife, 45 minutes to 1 hour.

Remove the potatoes from the oven and heat the broiler on high. Uncover the potatoes and

gently press them down with a flat spatula so the cream mixture mostly covers them. Broil until nicely browned on top, 5 to 8 minutes.

Let the potatoes rest for 5 to 10 minutes before serving.

Make ahead: The dish can be assembled up to 4 hours ahead, covered, and refrigerated. Let sit at room temperature while the oven heats. You can keep the cooked scalloped potatoes, covered, in a warm oven for up to 1 hour before serving.

Tony Rosenfeld is a Fine Cooking contributing editor.



COUNTER CULTURE

One-Pot Wonders

Multicookers are the latest trend in countertop appliances. Here's what's new. **BY DENISE MICKELSEN**

FIRST CAME SLOW COOKERS, THEN RICE COOKERS. Now it's all about multicookers, which perform several functions in one handy pot. They slow cook, pressure cook, steam, cook rice, sauté, bake—the list goes on. Here, a shopper's guide.



best basic

The Krups 4-in-1 ten-cup rice cooker is a great basic option. It features four cooking modes: rice, steaming, slow cooking, and oatmeal. It has a cool-touch locking lid and comes with a steamer basket, rice paddle, and measuring cup (\$120 at krupsonlinestore.com; 800-387-3995).



cook in clay

The VitaClay Smart multicooker's interior liner is made from natural, unglazed Chinese Zisha clay, which needs very little (if any) oil for cooking and seals in the food's nutrients and natural juices. It's dishwasher and microwave safe, too. This 3.2-quart (13-cup) model can slow cook, make three kinds of rice, and keep food warm for up to 12 hours (\$150 at vitaclaychef.com; 877-877-9121).



smart cooker

Cuisinart's new 3.2-quart (13-cup) Rice Plus multicooker boasts "fuzzy logic" technology, which uses sensors to automatically adjust the heat and timing depending on the food being cooked. There are settings for three kinds of rice, risotto, oatmeal, soup, slow cooking, steaming (tray insert is included), quick cooking, and reheating. You can also sauté in the nonstick aluminum pot (\$149 at cuisinartwebstore.com).



power house

The Deni 8.5-quart (34-cup) oval pressure cooker browns and steams, offers three pressure cooking settings (high, medium, and low), and also slow cooks (with a 9½-hour timer). The time delay function lets you begin cooking up to 8 hours after you set the timer (\$260 at deni.com; 800-336-4822).



multibaker

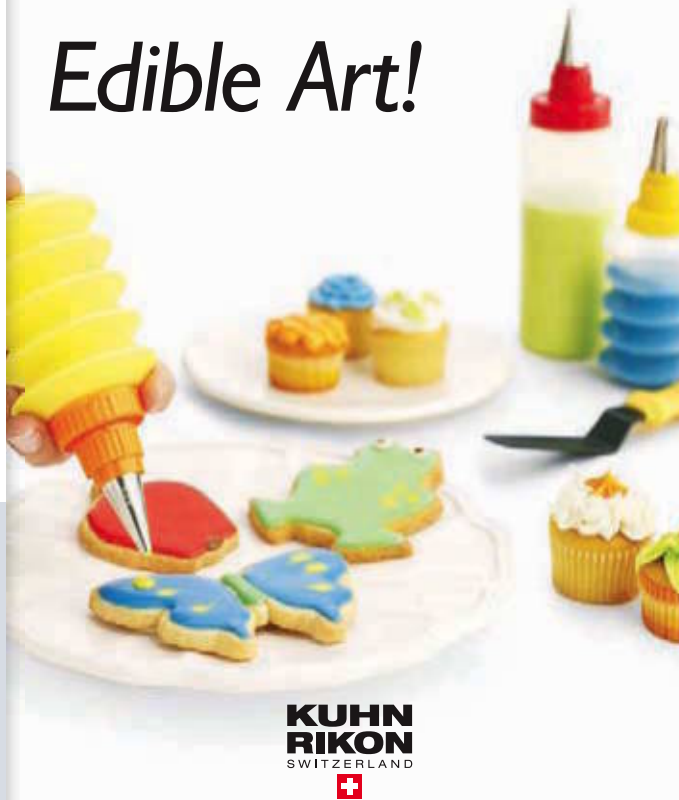
This Sanyo microcomputerized rice cooker not only cooks rice but also bakes cakes. Its 10-cup capacity and programmable functions add to its versatility: It can make three kinds of rice, quick cook, steam, and slow cook. You can set it up to 15 hours ahead (\$80 at sanyo.store.com; 800-421-5013).

Photographs by Scott Phillips

Edible Art!

Squeeze and squirt
your way to the
cookies and cupcakes
of your dreams.
Enjoy hours of
kid-friendly
creative fun.
Sweet!

Cookie & Cupcake Decorating Set



**KUHN
RIKON**
SWITZERLAND

THE #1 SWISS BRAND OF COOKWARE AND COOKS' TOOLS

Visit kuhnrikon.com/fine or call 800-924-4699 for a catalog.

ChefsChoice®

Cordless Glass Electric Kettle M679

A Visual Delight!

Elegant glass and stainless steel design
boils water quickly! ...saves energy.

Convenient single handed lid opening.

Concealed heating element, never
contacts water.

360° cordless kettle lifts from
base for easy pouring.

Easy read water gauge.

Automatic shut-off and
boil dry protection.

Ideal for making hot beverages,
cereals, blanching vegetables and more.



For more information or nearest retailer call:

EdgeCraft 800-342-3255 www.chefschoice.com

© EdgeCraft Corporation 2010



The Gourmet Rice



Try Carolina® Jasmine and
Carolina Authentic Aged
Basmati Rice.

For an exotic Asian flair, use
Carolina Jasmine with its delicate
flavor and enticing aroma!

Or, try Carolina Basmati for a nut-like
taste and wonderfully aromatic scent.

CAROLINA
JASMINE & BASMATI

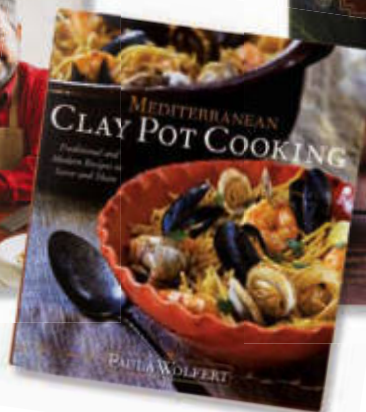


For this Mediterranean Spinach
Artichoke Rice with Pine Nuts
recipe visit our website.
carolinarice.com

©2010 Riviana Foods Inc.



BOOKS THAT COOK



The Reading List

New must-reads for food lovers. BY KIMBERLY Y. MASIBAY

Mastering the Art of Chinese Cooking

By Eileen Yin-Fei Lo
Chronicle Books, \$50

Eileen Yin-Fei Lo, chef, educator, and author of more than 10 Chinese cookbooks, has worked a miracle here, taking a vast, great, and complicated cuisine and breaking it down into approachable lessons. Starting at the market, Lo walks you through the aisles, so to speak, pointing out essential ingredients (from bamboo shoots to rice wine) and equipment (from woks to chopsticks). Plus, she provides the Chinese characters for every item, so you can find what you need when you shop on your own. Then, she teaches you basic cooking techniques, like stir-frying, steaming, poaching, barbecuing, and preparing noodles. Lo doesn't overwhelm with too many recipes, offering just a handful for you to practice and perfect before you progress to the next technique. Lo wants you to master Chinese cooking, and this book makes it fully possible.

The Foodie Handbook

The (Almost) Definitive Guide to Gastronomy

By Pim Techamuanvivit
Chronicle Books, \$24.95

Even if you're already a food lover, confident in your ability to roast a perfect chicken, track down a great meal in a strange city, or decode a wine list, you'll find fresh inspiration in this book by popular food blogger Pim Techamuanvivit. A fearless seeker of deliciousness, she roams the globe searching

high and low for good food, and chronicles her adventures on her Chez Pim blog. This book comprises the best of the blog—the fun, the wit, and even her fantastic Pad Thai recipe. It also offers her how-to and to-do lists (e.g., how to be an ethical foodie, how to eat on the street and live to tell, 50 things every foodie should try at least once) and an impressive repertoire of recipes.

Giuliano Hazan's Thirty Minute Pasta

100 Quick and Easy Recipes

By Giuliano Hazan
Stewart, Tabori & Chang, \$27.50

Nothing satisfies quite like pasta—particularly when the recipe comes from master teacher Giuliano Hazan. In his new book, you'll find 100 tempting options and plenty of pointers to help you achieve delicious results. Whether you serve something simple like creamy Fettuccine with Lemon, or indulge in the Linguine with Lobster and Asparagus, everyone gathered around your table will think you've spent hours cooking for them.

Mediterranean Clay Pot Cooking

Traditional and Modern Recipes to Savor and Share

By Paula Wolfert
Wiley, \$35

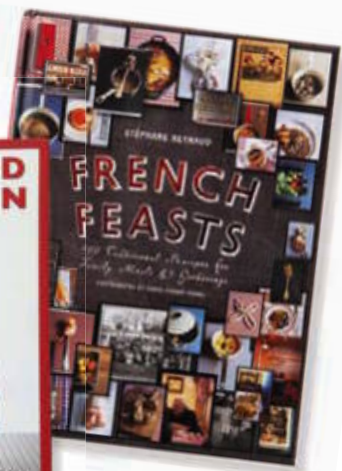
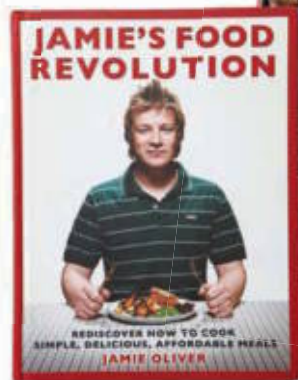
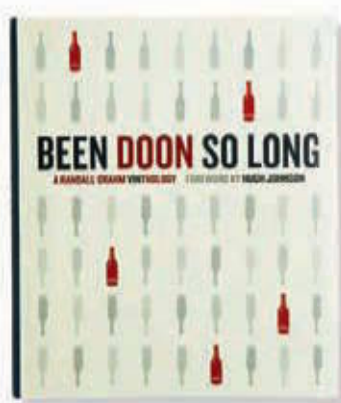
To cook from this extraordinary book is to embark on a kitchen adventure, one that fills your home with haunting aromas and wondrous clay vessels as you try such recipes as Moroccan Chicken with Charred Tomatoes

baked in a tagine or Orange-Glazed Pork Belly served from a Spanish cazuela. Wolfert begins by asserting that food tastes better cooked in clay, and via 10 chapters of tantalizing recipes she drives her point home. Wolfert knows a few things about great food; she's been tirelessly chasing it around the Mediterranean for nearly 50 years and has written several iconic books on Mediterranean cooking. Filled with passion, meticulously developed recipes, and intimate stories of Wolfert's travels, this book is a joy to read and to cook from.

The Country Cooking of Ireland

By Colman Andrews
Chronicle Books, \$50

In this tome, award-winning food writer Colman Andrews turns his attention to Ireland and uncovers its best-kept secret—wonderful food. He takes the reader along rugged coastlines and down country lanes to meet chefs, farmers, butchers, cheesemakers, and fishermen; the sumptuous photos by Christopher Hirsheimer (who, along with Andrews, was a founder of *Saveur* magazine) bring it all vividly to life. The 225 detailed recipes cover the classics (Irish Stew, Colcannon, Steak & Kidney Pie, Corned Beef, Soda Bread) and so much more: warming soups, myriad ways with eggs and cheese, savory pies, hearty roasts, braises, and stews. Potatoes, of course, merit a chapter of their own, and salmon and oatmeal each get one, too. All told, this book is a stunning portrait of a land, a people, and a cuisine.



Been Doon So Long

A Randall Graham Vinthology

By Randall Graham

University of California Press, \$34.95

Randall Graham has been called the Willy Wonka of the wine world—and the comparison is apt. With his wines and his writings, Graham, founder of California's Bonny Doon Vineyard, veers way off the beaten path, often poking fun at his own industry. Yet, beneath all the zaniness and satire, Graham is an idealist who passionately loves great wine. This collection of "Doonian" ephemera, plucked from the winery's semiannual newsletter, features Graham's hilarious literary parody, silly song lyrics, serious articles and essays, and a variety of marketing gimmickry. Graham's erudite writing is best sipped slowly, but collectively the pieces in this book offer a most entertaining course in oenology and an honest portrayal of one man's search for true originality and terroir.

Jamie's Food Revolution

Rediscover How to Cook Simple, Delicious, Affordable Meals

By Jamie Oliver

Hyperion, \$35

Anyone can eat well on any budget—if they know how to cook. That's the premise of celeb-chef Jamie Oliver's new book. The revolution of the book's title is a food movement called "Pass It On." Its aim: Reform junk-food junkies by teaching them how to cook honest, affordable food and getting them involved in teaching others to cook (that's the pass it on part). Here, Oliver introduces several of

his cooking pupils (who thought they would never, ever learn to cook) and the recipes that changed their lives. While the food is simple fare—curries, fajitas, pastas, roasts, eggs, salads, and veggie dishes—Oliver's zeal and his students' delight in their new skills makes it all feel exciting and fun. Beginning cooks will appreciate the clear recipe instructions and step-by-step photos. If you're already a cook, you'll be inspired to pass it on.

French Feasts

299 Traditional Recipes for Family Meals & Gatherings

By Stéphane Reynaud

Stewart, Tabori & Chang, \$40

This big, beautiful book offers a stunning collection of classic French recipes, inspired by the Sunday dinners of chef Stéphane Reynaud's childhood. Now the owner of Villa 9 Trois, a highly regarded restaurant near Paris, Reynaud offers profiles of vintners, farmers, cheesemakers, and butchers, and 299 recipes for pâtés, terrines, salads, gratins, tarts, roasts, and braises. The recipes can be involved, but the book's excellent design, captivating photographs, and whimsical illustrations are so inviting that it's easy to overlook the food's complexity and get inspired to run into the kitchen to make something. The perfect book for any cook who loves France, this transporting volume is a feast for the senses and the imagination.

Kimberly Y. Masibay is a Fine Cooking contributing editor.

Baking 1-2-3

Three new books that all the bakers out there will find irresistible.

Artisan Breads Every Day

Fast and Easy Recipes for World-Class Breads

By Peter Reinhart

Ten Speed Press, \$30

Renowned bread baker and instructor Peter Reinhart proves that you don't need to be a pro to make delicious artisan breads at home. With his recipes, you'll learn everything you need to know, from the basics to innovative new methods and timesaving techniques.

The Craft of Baking

Cakes, Cookies & Other Sweets with Ideas for Inventing Your Own

By Karen DeMasco & Mindy Fox

Clarkson Potter, \$35

Karen DeMasco, pastry chef at Locanda Verde, has made her mark at several top New York City restaurants with her signature desserts, like old-fashioned warm apple fritters and salty nut brittle. Here, she shares her recipes, along with heaps of helpful tips and sidebars on varying the recipes to make them your own.

Baking

350 Recipes and Techniques, 1,500 Photographs, One Baking Education

By James Peterson

Ten Speed Press, \$40

Whether you're a novice baker or an old hand, this lavishly illustrated baking manual by award-winning cookbook author James Peterson provides all the principles, techniques, and step-by-step visuals you need to nail every recipe—from a simple cookie to a show-stopping cake—on the very first try.





THE GOOD LIFE

Dream Muffins

How to make your favorite bakery treat healthier.

BY ELLIE KRIEGER

WITH HOPE IN MY HEART, I bought another “healthy” (read: low-fat) muffin the other day. Like a girl who keeps going for the wrong guy, I should have known better. It was predictably disappointing—overly sweet and rubbery, with the texture of paper pulp. I tossed it after two bites.

Sure, I could have gone for the regular muffin, and I do now and then. But let’s face it, those are really just cake in a muffin tin—loaded with butter, sugar, and white flour, and coming in at (gulp!) more than 500 calories each. Not something I consider an everyday food. It seems that there are two kinds of muffins in the world: either delicious and not so healthful, or healthful and not so delicious. But wouldn’t it be great if there were a tender, moist, utterly scrumptious muffin that was also light and chock full of wholesomeness?

I have good news for you: With a few simple tweaks to the standard recipe, I was able to make my dream muffin a reality. And what’s even better is that those tweaks can be applied to other baked goods, so you can have your cake and eat it, too.

The secret ingredient

Fruit purées like applesauce or mashed banana (or even vegetable purées made from pumpkin, carrots, and sweet potatoes) make muffins and other baked goods tender and moist while allowing you to reduce the overall fat and sugar in the recipe. Normally it’s fat that helps baked goods stay moist, because it surrounds the starch granules and protects them from gluten development, locking in moisture. But the pectin in fruit and vegetables does essentially the same thing, making it possible to cut back on the fat in a recipe without sacrificing moisture. Fruit purées also provide sweetness, so you can add less sugar to your batter.

In the muffin recipe opposite, I was able to cut the fat by half (there’s just a quarter-cup of heart-healthy oil in this whole batch

of muffins, and no butter) and reduce the sugar by a few tablespoons without compromising flavor and texture. I particularly like applesauce, which I use here, because it has a neutral flavor and color, so it’s perfect when you want the purée to be essentially undetectable.

Liquid asset

A fast track for making baked goods healthier is to use oil instead of butter, lard, or shortening. That’s because oil is unsaturated fat (“good fat”), while butter, lard, and shortening are mostly saturated fats (“bad fat”). For muffins, quick breads, coffee cakes, and even pancakes, trading all the solid fat for oil works perfectly. Pastries, piecrusts, and cookies, however, need butter to get the right texture, so it’s best to leave those recipes alone. I like to use canola oil for its mild flavor, but if the treat has a Mediterranean flair, then a fruity olive oil works well.

Flour equation

I want my baked goods to be healthy, but I don’t want them to *taste* healthy. By using half whole-wheat flour and half all-purpose, I get the antioxidants, fiber, and essential minerals of the whole grain, but I also hold onto the tender lightness produced by white flour. As you’ll see, the proof is in these muffins, which are golden, moist, and cakey, with just the right touch of sweetness—they’re a dream come true.



“I want my baked goods to be healthy, but I don’t want them to taste healthy,” says Ellie.



good-for-you blueberry muffins

These muffins are at their tastiest while still warm from the oven.

Yields 12 muffins

- Nonstick cooking spray**
- 4½ oz. (1 cup) unbleached all-purpose flour**
- 4 oz. (1 cup) whole-wheat flour**
- 2 tsp. baking powder**
- ½ tsp. table salt**
- ¼ tsp. baking soda**
- 2 large eggs**
- ¾ cup granulated sugar**
- ¼ cup canola oil**
- 1 cup natural unsweetened applesauce**
- 1½ tsp. finely grated lemon zest**
- 1 tsp. pure vanilla extract**
- ¾ cup low-fat buttermilk**
- 1½ cups fresh blueberries**

Position a rack in the center of the oven and heat the oven to 400°F. Coat a 12-cup standard muffin pan with cooking spray.

In a medium bowl, whisk both flours, the baking powder, salt, and baking soda.

In a large bowl, whisk the eggs, sugar, and oil until the mixture is pale and slightly frothy. Whisk in the applesauce, lemon zest, and vanilla. With the whisk, stir in about half the flour mixture, then half the buttermilk. Repeat with the remaining flour and then the remaining buttermilk, stirring until well incorporated. Gently fold in the blueberries.

Divide the batter among the muffin cups, filling them to the top. Tap the pan on the counter to remove any air bubbles. Bake until a toothpick inserted in the center of one of the muffins comes out clean, 20 to 30 minutes.

Let cool on a wire rack for 15 minutes. Run a knife around the muffins to loosen them and then unmold. Serve warm or let cool completely and store in an airtight container at room temperature for up to 3 days, or wrap individually and freeze for up to 3 months.

Registered dietitian Ellie Krieger is a Fine Cooking contributing editor.

Good to Know

Use these guidelines to make some of your favorite sweets more healthful.

1. Use fruit purée to cut down on fat and sugar. Purées work best in recipes that already have a fruit or vegetable element, like banana bread, carrot cake, and the blueberry muffins here. Try substituting 1 cup purée for ¼ cup of the butter or oil in your recipe; taking the sugar down by 1 or 2 Tbs.,

depending on the sweetness of the purée; and reducing the liquid by ¼ cup.

2. Swap solid fat with liquid fat. In other words, instead of butter or shortening, use oil. If a recipe calls for ¼ cup butter, use ¼ cup oil instead. This works best for moist sweets like muffins, quick breads,

coffee cakes, and pancakes, where you can substitute all of the solid fat with oil.

3. Use half whole-wheat and half all-purpose flour. To make just about any sweet treat healthier, substitute half the total amount of all-purpose flour with an equal amount of whole-wheat.



TEST DRIVE

Electric Skillets

It's time to bring back this handy countertop appliance. Here are our top picks. **BY NICKI PENDLETON WOOD**

BACK IN THE DAY, it seemed that everyone had an electric skillet. But as time went on and kitchen cabinets began filling up with food processors and stand mixers, those electric skillets began to seem bulky and redundant. Couldn't a stovetop skillet do it all? Die-hard fans said no. After all, an electric skillet uses less energy than a conventional stovetop burner, doesn't heat up the kitchen, and doubles as a chafing dish for entertaining. It's portable and can be set to a precise heat for even cooking. Plus, the enclosed heating element is safer than an open burner.

Today's manufacturers have taken notice. There are many new models on the market boasting innovations in performance, design, and safety. Here are our favorites.

What to look for

Keep these things in mind when shopping for an electric skillet.

Safety

Look for a short cord that keeps the skillet near the wall (so it won't fall off a countertop or trip you up), or a breakaway heating mechanism that separates easily from the skillet in case it's pulled or tipped over.

Construction

Electric skillets of old were infamous for their flaking Teflon nonstick coatings. Today's skillets use thicker coatings of safer nonstick surfaces that adhere better so they won't end up in your food. There are also stainless-steel skillets on the market. Lids are often clear tempered glass with a vent.

Volume and surface area

If you want your skillet to double as a griddle for bacon and pancakes, or if you want to use it as a buffet warmer, go for a larger skillet (16 inches, as opposed to 12).



BEST FEATURES

Zojirushi Gourmet d'Expert electric skillet

\$150 at cooking.com/fc

This skillet is really four appliances in one: a Dutch oven, a wok, a skillet/griddle, and a steamer. It has a spacious 16½-inch interior diameter and top-notch design and construction, including a wide temperature range (up to 480°F) and three removable pans: a 1½-inch-deep nonstick "flat plate" for sautéing; a 2½-inch-deep nonstick "pan" for braising, making soup, and stir-frying (this pan can also be used on the stovetop); and a metal steamer rack that fits inside the pan. Heat is controlled by a sliding mechanism rather than a dial. This model braised chicken, stir-fried, and seared burgers to perfection. It comes with a one-year warranty.

Photographs by Scott Phillips



SMALL PACKAGE, SUPER POWER

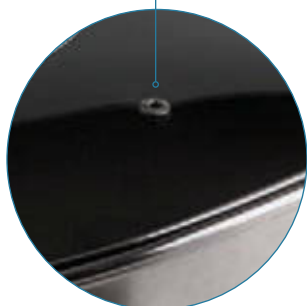
Presto 12-inch electric stainless-steel skillet

\$70 at kitchencollection.com

Despite its smaller 12-inch interior, this model delivers lots of cooking power. The Control Master heating mechanism (which heats to 400°F) maintains the set temperature beautifully, an especially useful feature for braising. The skillet cooked pancakes and fried chicken with ease, and even a pan of oil left on for an hour (by accident) didn't burn. The stainless-steel exterior is sleek, there are two stay-cool handles (one straight and one U-shaped), and the skillet is fully immersible and dishwasher safe (with the heat control mechanism removed). This skillet comes with a one-year warranty.

How we tested

We tested eight skillets, six with nonstick interior coatings and two with stainless-steel interiors. We made pancakes, hamburgers, and fried chicken, and braised pot roast and chicken with rice, evaluating the skillets for even and precise heating and safety, as well as browning, frying, and warming capabilities. The top three performers in those tests were then tested side by side for their ability to stir-fry.



THE WORKHORSE

Cuisinart electric skillet CSK-150

\$120 at sears.com

With a generous 12x15-inch interior, 5-quart capacity, and thick walls, this skillet offers solid overall construction. Its design includes attractive details like die-cast stainless-steel handles and a metal grommet in the lid's steam vent for a finished look. It performed like a good-quality traditional nonstick skillet, successfully cooking six pancakes at once without any oil and searing burgers well. When set to its top temperature of 450°F, this pan stir-fried easily. This model promises a long life, backed up by a three-year warranty.

Nicki Pendleton Wood is a cookbook editor and equipment tester based in Nashville.



DRINKS

Hidden Gems

Here are six underappreciated and underpriced wines you should be drinking. Now.

BY GARY VAYNERCHUK

THE THING I LIKE BEST about working in the wine industry is getting to try new wines. It's always a learning experience, because even the most knowledgeable wine nerds—me included—don't know it all. And it's always changing. In the last several years alone, I've seen the rise and fall (and, as you'll read at right, the imminent rise again) of Chilean wine, the post-*Sideways* Pinot Noir craze, and the influx of high-alcohol and over-the-top Shiraz from Australia.

I also like anticipating (and predicting) the next big thing—getting in on the ground floor so that I know what's going to be hot before everyone else. The six wines here are definitely ground-floor trends. They're underrated in the marketplace, but they bring the kind of serious thunder I'm looking for: high quality for little cost. So get to know them now; these bottles are going to be big.

Gary Vaynerchuk is the host of winelibrarytv.com, a wine Webcast. He is also director of operations at Wine Library, his family's wine store in Springfield, New Jersey.

Portuguese Reds

I've been yelling about Portugal for two years straight. It makes no sense to me that more people aren't drinking these wines. No country on earth is bringing it the way the Portuguese are, especially from regions like Dao, Douro, and Alentejo. And the quality of these wines—at \$7 to \$20 a bottle—is nothing short of staggering. Whether you're serving chicken, steak, or pork, you can't miss with these reds.

My pick: 2006 Esporão Reserva Red, \$19

Crisp Italian Whites

Somehow, when most Americans think of Italian white wine, all that comes to mind is Pinot Grigio. This drives me into convulsions. There are so many incredibly delicious yet neglected Italian whites, such as Tocai and Ribolla Gialla from the Friuli region. The ripping acidity in these wines makes them crisp and refreshing, and ideal matches for light, simple foods like salads and shellfish.

My pick: 2007 Bastianich Tocai Friulano, \$18



Chilean Pinot Noir

Chilean wines were screaming hot not that long ago. Despite their popularity, I was never that enamored of their quality—until recently. In particular, I've been surprised by some higher-end Chilean Pinot Noirs, something unheard of just a few years ago. They've got wild flavor characteristics, with lots of intensity and fruit. I think this varietal will permanently put Chile on the wine map.

My pick: 2007 Amayna Pinot Noir, \$30

South African Chenin Blanc

South Africa is a wine region that's really beginning to come into its own, and Chenin Blanc is becoming its signature varietal. It's a triple threat of a grape because it makes equally fine dry, sweet, and even sparkling wines. In South Africa, it's making crisp and clean, light and fruity wines with lots of great acidity. They're very food-friendly and a superb match for lighter meat dishes, seafood, and salads.

My pick: 2009 Cape Indaba Chenin Blanc, \$10

Cava

It's always the same old story: People plunk down \$40 for the Champagne brands they know. Stop it—please! For a quarter of that, you can enjoy a Spanish Cava that rocks the house. Instead of Chardonnay and Pinot Noir grapes, it's made from varietals that are hard to pronounce, like Xarel-lo. Cava, however, is easy to pronounce, and you can find great bottles for \$8 to \$15 a pop.

My pick: 2005 Marques de Gelida Cava Brut, \$15

"Real" Beaujolais

Beaujolais Nouveau—the sweet, grapey red wine with the colorful label you see every year at Thanksgiving—has given true Beaujolais a bad rep. Made from the Gamay grape, real Beaujolais wines from villages like Morgon and Fleurie are serious wines indeed and worth exploring. They're light and fruity and are especially good transition wines for white wine drinkers who are looking to get into red.

My pick: 2008 Louis Jadot Beaujolais-Villages, \$15





Braised Short Ribs

The slow-cooking
method is easy; the
flavor combinations
are many.

BY SUSIE MIDDLETON



The raw and the cooked: Perfectly marbled English-style short ribs become a classic red wine braise.

A plate of braised short ribs

has a Fred Flintstone meets Julia Child kind of appeal that's hard to beat for a dinner party—or any midwinter meal, for that matter. Short ribs are beefy and bony and, well, manly, yet they have the comforting, rich flavor and meltingly tender texture of the best beef stew. Actually, I'll take braised short ribs over beef stew any day.

The technique is simple. Start by searing the short ribs (get out your biggest pot). Then cook a handful

of aromatics, deglaze the pot with anything from wine to beer to apple cider, and simmer the ribs in broth (or more wine or beer) for several hours. By following this sear-and-long-simmer method, you'll quickly master the art of braising short ribs. What's different about this approach is that you get to choose the ingredients—aromatics, liquids, and garnishes—to create a different dish every time. You can start with one of the suggestions on page 42, but don't stop there. Go on—cook up your own favorite short rib recipe.

STEP 1

CHOOSE YOUR INGREDIENTS

Read the method from start to finish and then choose and prep your ingredients. Regardless of the flavor combinations you choose, you will need the following:

4½ to 5 lb. English-style beef short ribs (8 to 12 ribs)

3 Tbs. vegetable oil

Kosher salt and freshly ground pepper

The recipe serves 6

STEP 2

SEAR THE RIBS

Position a rack in the center of the oven and heat the oven to 325°F. In an 8-quart Dutch oven, heat 2 Tbs. of the oil over medium heat. Season the ribs with 2 tsp. salt and 1 tsp. pepper. Add half of the ribs to the pot (or as many as will fit without overlap), and cook, turning with tongs, until nicely browned on all sides, 3 to 4 minutes per side. Transfer the ribs to a platter and repeat with the remaining ribs. Pour off all but a thin layer of fat from the pan.



STEP 3**COOK THE AROMATICS**

Add the remaining 1 Tbs. oil and your choice of **aromatics** to the pan. Season with $\frac{1}{2}$ tsp. salt. Cook, stirring and scraping up any browned bits on the bottom of the pan, until the aromatics are soft and lightly

browned, 6 to 8 minutes. Add your choice of **herbs, spices, and flavor boosters** and cook, stirring, until well distributed and fragrant, about 1 minute.

Aromatics

Choose up to three for a total of 2 cups (use at least $\frac{3}{4}$ cup onions or leeks):

**Onions**

Cut into medium dice

**Leeks**

Thinly sliced or diced

**Carrots**

Cut into medium dice

**Celery**

Cut into medium dice

**Fennel**

Cut into medium dice

Spices, Herbs, and Flavor Boosters

Choose three to five of the following, preferably at least 1 from each category (try to always use tomato paste, unless you're choosing crushed tomatoes as a braising liquid—see page 41):

SPICES**Star anise**

2 to 3 whole

**Ground paprika**

1 to 2 tsp.

**Ground allspice**

$\frac{1}{2}$ to 1 tsp.

**Ground coriander**

1 to 2 tsp.

**Pure chile powder**

1 tsp.

**Cinnamon sticks**

2 whole

**Ground cumin**

1 to 2 tsp.

HERBS**Rosemary**

Fresh, 2 tsp. chopped

**Thyme**

Fresh, 1 Tbs. chopped

**Oregano**

Fresh, 2 tsp. chopped

**Bay leaves**

Dried, 2 whole

FLAVOR BOOSTERS**Olives**

pitted, $\frac{1}{2}$ cup

**Jalapeño
or serrano chile**

1 to 2 Tbs. finely chopped

**Tomato paste
(no salt added)**

1 Tbs.

**Anchovies**

$\frac{1}{2}$ tsp. minced

**Dried mushrooms**

$\frac{1}{2}$ oz., steeped in hot water and coarsely chopped

**Dried fruit (such as figs,
prunes, or apricots)**

1 cup coarsely chopped

**Ginger**

1 Tbs. finely chopped

**Garlic**

1 Tbs. finely chopped

STEP 4

DEGLAZE THE POT

Pour your choice of **deglazing liquid** into the pot and cook, stirring to scrape up any browned bits on the bottom of the pot, until the liquid is reduced to about 2 Tbs., about 1 minute.

Deglazing Liquids

Choose one (½ cup):



Sweet
apple cider



Beer



Dry red wine



Dry white wine



Rice wine



Brandy, tequila,
whiskey, or rum



Vermouth



Sherry



Build your own short rib
recipes with our interactive
feature at FineCooking.com.



STEP 5

ADD THE BRAISING LIQUIDS

Transfer all the ribs (and any juices that have accumulated) back into the pot. Pour your choice of **braising liquids** over the ribs and using tongs, arrange the ribs as evenly as possible and no more than two layers deep. Bring the liquid to a simmer, cover, and put the pot in the

oven. Cook, turning the ribs with tongs about every 40 minutes, until they are fork tender, about 2¾ hours. (The meat may fall off most of the bones about midway through cooking; this does not mean that the ribs are fully tender.)

Braising Liquids

Choose up to four liquids from the list below for a total of 3 cups. Then add 1 cup water for a total of 4 cups liquid (mix well):



**Broth
(lower salt)**

Chicken:
up to 1½ cups
Beef:
up to ¾ cup
diluted with
¾ cup water



**Dry red or
white wine**

Up to 3 cups



Beer

Up to 1½ cups



Tomatoes

Canned
crushed, up
to 1 cup



**Soy Sauce
(lower
sodium)**

Up to ¼ cup



**Mushroom-
soaking
water**

Up to 1 cup

Cook Ahead

It's best to braise short ribs a day (or at least several hours) ahead for a couple of reasons. First, this allows you to chill the sauce so it can be defatted thoroughly. Also, the flavors only get better with time. To reheat, arrange the meat snugly in a baking dish, cover with foil, and put in a 350°F oven. Reheat the sauce on the stovetop.

STEP 6

FINISH AND SERVE

Transfer the ribs to a serving platter or dish. Let the sauce and solids sit in the pot for a few minutes to cool and with a shallow spoon, skim off as much of the fat as possible from the surface. Season the sauce to

taste with salt and pepper, and add a **finish** of your choice. Serve the ribs with the sauce spooned over, sprinkled with your choice of **garnish**. If making ahead (see above), refrigerate the ribs and sauce separately.

Finishes (optional)

Choose one (1 to 2 tsp.):



**Fresh lemon
or lime juice**



Vinegar
(Red or white wine,
cider, sherry,
balsamic, etc.)

Garnishes (optional)

Choose one or two for a total of 1 to 2 Tbs.:



Parsley
Fresh, chopped



Mint
Fresh, thinly sliced



Basil
Fresh, thinly sliced



Cilantro
Fresh, chopped

Favorite Short Rib Recipes

Six great-tasting combos, and suggestions for what to drink with them.

1 RED WINE BRAISED

- Onion, carrots, celery
- Bay leaf, garlic
- Red wine
- Red wine, beef broth
- Red wine vinegar

To drink: Bodegas Ramirez de la Piscina 2005, Rioja, Spain, \$15

2 TUNISIAN INSPIRED

- Onions, carrots
- Star anise, cinnamon sticks, dried figs, ginger, garlic
- Red wine
- Red wine, crushed tomatoes, soy sauce, chicken broth
- Mint, parsley

To drink: Kurosawa Brewery Jun-Mai Kimoto sake, \$18

3 HUNTER'S STYLE

- Onions, carrots, celery
- Thyme, paprika, tomato paste, dried mushrooms, garlic
- Vermouth
- Mushroom-soaking water, chicken broth, red wine
- Parsley

To drink: Chaz Point Cabernet Sauvignon 2006, Columbia Valley, Washington State, \$23

4 TUSCAN

- Onions, carrots, fennel
- Thyme, paprika, coriander, anchovies, garlic
- Red wine
- Red wine, beef broth, crushed tomatoes
- Parsley

To drink: Monteverte Pian del Ciampolo 2008, Sangiovese and Canaiolo blend, \$18

5 PROVENÇAL

- Leeks, carrots, celery
- Rosemary, bay leaves, olives, tomato paste, garlic
- Brandy
- Red wine, chicken broth
- Basil

To drink: Domaine du Bagnol Cassis Blanc 2007, Provence, \$24

6 SOUTH-WESTERN

- Onions, carrots
- Oregano, coriander, chile powder, cumin, garlic
- Beer
- Beef broth, crushed tomatoes, red wine
- Cilantro

To drink: Fleur de California Petite Sirah, Central Coast, \$16

Serving Suggestions

Braised short ribs are delicious with starchy, rustic side dishes. Choose one that's a good foil for the flavor profile you've picked. For example, the Tuscan short ribs are tasty with creamy polenta enhanced with a bit of Parmigiano or other cheese. Try the Hunter's-style short ribs over fresh wide pasta noodles, like pappardelle. Spicy Tunisian-inspired short ribs are a natural with fluffy herbed couscous, whereas Southwestern short ribs call for a hearty rice pilaf spiked with toasted pine nuts or almonds. And any short rib dish, no matter the flavor, will be delicious served with potatoes—yes, good old mashed potatoes are a great match.

Susie Middleton is Fine Cooking's editor at large. Her first cookbook, Fast, Fresh & Green: 125 Delicious Recipes for Veggie Lovers, is due out in April. ■



1
4





2 3
5 6





green goddess

Guacamole—you bet. But wait until you meet the avocado in soup, salads, frozen yogurt, and more. **BY DEBORAH MADISON**

WITHOUT FAIL, I BUY FOUR AVOCADOS A WEEK. I eat them on toast for breakfast and sometimes lunch, too, slice them into salads, dice them into salsas, or simply cut them in half, squeeze on some lemon juice, add salt, and eat them just like that. I'm not a vegetarian, but I don't eat much meat. Avocados *are* my meat. They're rich, buttery, satisfying—and surprisingly versatile. As you'll see from the recipes on these pages, a killer guacamole isn't the only thing you can make with these luscious green fruits. And while they might make you think of summer, now is when avocados are riper, creamier, and tastier than ever.



guacamole with roasted chile, cumin, and feta

Rather than the expected jalapeño, this recipe uses roasted poblano or New Mexico chile for a more rounded flavor. A pinch of cumin, crumbled feta, and crisp slivered radishes flatter the avocado as well.

Yields about 2 cups

- 1 small fresh green New Mexico or poblano chile**
- 1 medium lime**
- 3 medium firm-ripe avocados (6 to 7 oz. each), pitted and peeled (see Test Kitchen, p. 81)**
- 3 medium scallions, white and light-green parts only, chopped**
- 5 Tbs. chopped fresh cilantro**
- ¼ tsp. ground cumin, preferably freshly ground**
- Kosher salt**
- ½ cup medium-diced fresh tomato**
- 2 radishes, slivered (about 2 Tbs.)**
- 1 Tbs. crumbled feta**

Store bought or homemade corn tortilla chips (see Test Kitchen, p. 81), for serving

On a gas stove, turn a burner to high and set the chile directly over the flame, turning it with tongs, until completely charred, 5 to 8 minutes. Alternatively, on an electric stove, heat the broiler on high and char the chile on a baking sheet placed directly under the broiler. Put the chile in a bowl, cover, and set aside to steam and loosen the skin. When cool enough to handle, peel, seed, and finely chop.

Finely grate the zest from the lime and then squeeze the juice. Put the avocado in a bowl and coarsely mash with a potato masher. Stir in the lime zest and 2 Tbs. of the lime juice along with the scallions, cilantro, cumin, and ½ tsp. salt. Season to taste with salt and lime juice, and then fold in the chile and tomato.

Heap the guacamole into a bowl and garnish it with the radishes and feta. Serve with tortilla chips.

Avocados: A Buyer's Guide

Here's a roundup of the most common avocado varieties. Any type can be used in these recipes.

Hass These are the avocados you're most likely to find at the grocery store. Their advantage—and the reason retailers like them—is that their pebbly skins are tough and protective, which makes the fruits easier to handle, store, and ship. Plus, you can tell when they're ripe because the skin turns black as the flesh softens.

Bacon Large and oval, this variety has smooth, thin, dark-green skin and a pleasantly nutty aftertaste. It's named after James Bacon, who developed it in 1954.

Zutano An early-fall to early-winter variety, the medium to large pear-shaped Zutano has shiny yellow-green skin and light-textured flesh.

Fuerte Another common grocery store variety, Fuerte avocados are large and distinctively pear-shaped with thin, smooth, light-green skin.

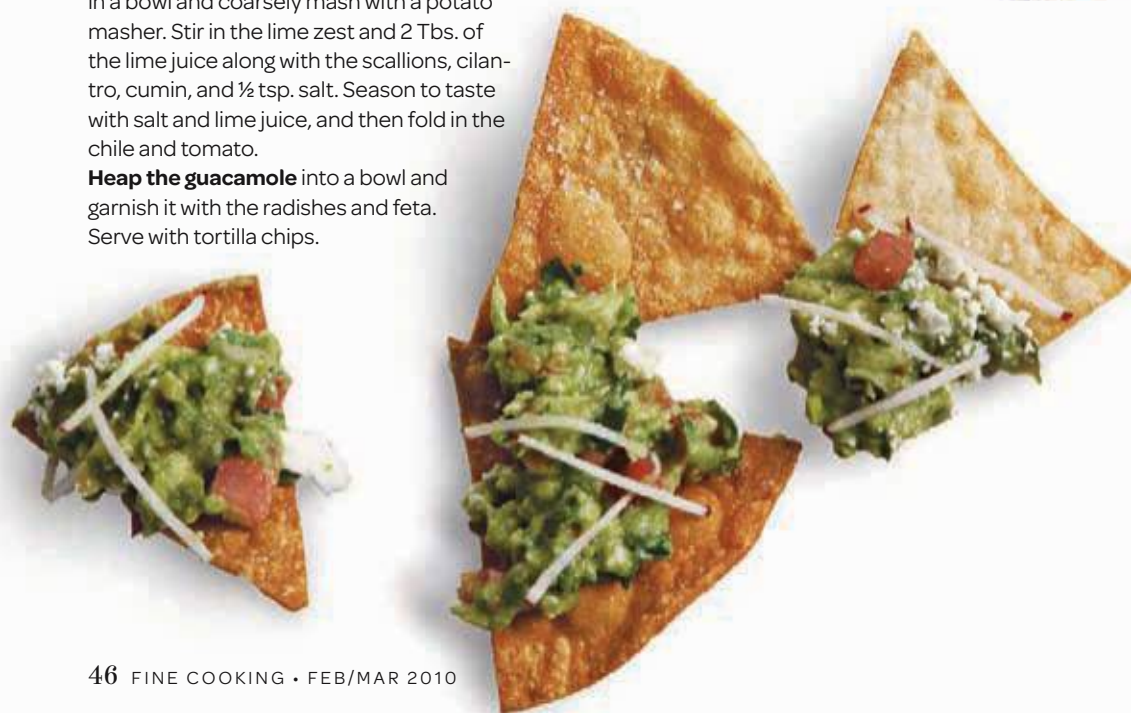
Pinkerton This variety is distinguished by thick, darkish-green skin, an elongated pear shape, and a very small seed.

Reed Large, round, and plump with a thick skin that's slightly pebbly, Reed is the only avocado variety grown in the summer.



Get information on hundreds of ingredients at FineCooking.com/ingredients.

Food styling by Samantha Seneviratne; avocado photos courtesy of the California Avocado Commission



quinoa and avocado salad with dried fruit, toasted almonds, and lemon-cumin vinaigrette

Besides its attractive maroon color, red quinoa has a slightly deeper, nuttier flavor than white quinoa. Both, however, are excellent in this bright, lemony salad.

Yields 5 cups; serves 4

- 3 Tbs. raisins (preferably a mix of dark and golden)**
- 2 Tbs. dried apricots, thinly sliced**
- 1 cup red or white quinoa, rinsed well (for a mail-order source, see p. 93)**
- Kosher salt**
- 1 large lemon**
- 3 Tbs. extra-virgin olive oil**
- ¼ tsp. ground coriander**
- ¼ tsp. ground cumin**
- ¼ tsp. sweet paprika**

2 medium firm-ripe avocados (6 to 7 oz. each), pitted, peeled (see Test Kitchen, p. 81), and cut into ½-inch chunks

2 medium scallions, white and light-green parts only, thinly sliced

2 to 3 Tbs. coarsely chopped toasted almonds

Freshly ground black pepper

In a medium bowl, soak the raisins and apricots in hot water for 5 minutes. Drain and set aside.

In a 2-quart saucepan, bring 2 cups water, the quinoa, and ½ tsp. salt to a boil over high heat. Cover, reduce the heat to

medium low, and simmer until the water is absorbed and the quinoa is translucent and tender, 10 to 15 minutes. (The outer germ rings of the grain will remain chewy and white. Some germ rings may separate from the grain and will look like white squiggles.) Immediately fluff the quinoa with a fork and turn it out onto a baking sheet to cool to room temperature.

Finely grate the zest from the lemon and then squeeze 1 Tbs. juice. In a small bowl, whisk the lemon zest and juice with the olive oil, coriander, cumin, paprika, and ¼ tsp. salt. In a large bowl, toss the vinaigrette with the quinoa, raisins, apricots, avocado, scallions, and almonds. Season to taste with salt and pepper and serve.





avocado, mango, and pineapple salad with pistachios and pickled shallots

A shower of peppery greens balances the sweetness of the mango and lets the avocado shine through.

Serves 4 to 6

- 1 medium shallot (1 to 2 oz.), sliced into very thin rings**
- 2 Tbs. Champagne or rice vinegar**
Kosher salt
- 3 Tbs. extra-virgin olive oil**
- 1 tsp. red wine vinegar**
- 2 cups baby arugula or watercress**
- ¼ cup roasted, salted pistachios, coarsely chopped**
- 1 Tbs. thinly sliced fresh mint**
- 1 Tbs. thinly sliced fresh basil**
Freshly ground black pepper
- 3 medium firm-ripe avocados (6 to 7 oz. each), pitted, peeled (see Test Kitchen, p. 81), and sliced lengthwise ¼ inch thick**
- 2 kiwis, peeled, halved, and sliced ¼ inch thick**
- 1 medium mango seeded, peeled, and sliced lengthwise ¼ inch thick**
- ½ medium pineapple, peeled, cored, and cut into ½-inch dice (about 2 cups)**

In a medium bowl, toss the shallot with the Champagne vinegar and a pinch of salt and set aside for 10 minutes, stirring once. Drain the shallot into a small bowl and reserve the vinegar. Whisk the olive oil and red wine vinegar into the shallot vinegar.

In a medium bowl, toss 1 Tbs. of the vinaigrette with the pickled shallots, arugula or watercress, pistachios, mint, basil, ¼ tsp. salt, and a few grinds of pepper. Arrange the avocado, kiwi, mango, and pineapple on a platter. Drizzle with the remaining vinaigrette and season to taste with salt and pepper. Top with the arugula mixture and serve immediately.



avocado frozen yogurt

Rich, creamy, and the prettiest pale green, this frozen treat is a surprisingly delicious showcase for avocados.

Yields about 1 quart

- 2 cups whole milk**
- ¾ cup granulated sugar**
- ½ tsp. pure vanilla extract**
- 4 large egg yolks**
- 1 cup plain whole-milk yogurt**
- 1 Tbs. loosely packed finely grated lemon zest**
- ½ Tbs. loosely packed finely grated lime zest**
- 2 medium firm-ripe avocados (6 to 7 oz. each), pitted, peeled (see Test Kitchen, p. 81), and cut into large chunks**
- 2 Tbs. fresh lemon juice**
- 2 Tbs. fresh lime juice**

In a 3-quart saucepan, heat the milk and sugar over medium heat, stirring occasionally, until it just comes to a boil, about 4 minutes. Stir in the vanilla.

Prepare an ice bath by filling a large bowl with several inches of ice water. Put a smaller metal bowl in the ice water and set a fine strainer on top.

In a medium bowl, lightly beat the egg yolks. Pour about ½ cup of the milk mixture into the egg yolks, whisking constantly to prevent the eggs from curdling. Pour the egg mixture into the saucepan with the milk mixture and cook, stirring constantly with a wooden spoon, until the custard thickens slightly, enough to coat the back of the spoon, 4 to 8 minutes. Immediately pour the mixture through the strainer into the small bowl. Stir in the yogurt and zests and cool the custard completely by stirring it over the ice bath.

In a blender or food processor, purée the avocado with the lemon and lime juices and about 1 cup of the cooled custard until smooth. Fold the avocado mixture back into the custard. The mixture should be thick, creamy, and pale green.

Freeze the custard in an ice cream maker according to the manufacturer's instructions.

Transfer the frozen yogurt to an airtight container and freeze until solid, at least 4 hours.



cold avocado soup with chile-lime pepitas

Sumptuous yet light (hint: use yogurt instead of cream), this soup makes an elegant starter. Skillet-roasted pepitas with lime and chile add a welcome crunch.

Serves 6

- 1 medium poblano chile**
- 1 small white onion, sliced into ¼-inch-thick rings**
- 2½ cups lower-salt chicken broth; more as needed**
- 2 medium firm-ripe avocados (6 to 7 oz. each), pitted, peeled (see Test Kitchen, p. 81), and cut into large chunks**
- ½ cup chopped fresh cilantro**
- 2 Tbs. chopped fresh flat-leaf parsley**
- 2 tsp. chopped fresh marjoram or oregano (optional)**
- ¼ cup fresh lime juice (from 2 medium limes)**
- 1 tsp. ground cumin**
- ½ tsp. ground coriander**
- Kosher salt**
- ½ cup plain whole-milk yogurt**
- 1 tsp. extra-virgin olive oil**
- ½ cup pepitas (pumpkin seeds)**
- ¼ tsp. pure New Mexico chile powder; more for serving**

On a gas stove, turn a burner to high and set the poblano directly over the flame, turning it with tongs, until completely charred, 5 to 8 minutes. Alternatively, on

an electric stove, heat the broiler on high and char the poblano on all sides on a baking sheet placed directly under the broiler. Put the poblano in a bowl, cover, and set aside to steam and loosen the skin. When cool enough to handle, peel, seed, and cut the poblano into ¼-inch dice.

Heat an 11- to 12-inch cast-iron skillet over medium-high heat, add the onion and cook, turning a few times, until soft and browned in places, about 5 minutes.

In a blender, purée until smooth all but 1 Tbs. of the poblano, the onion, broth, avocado, cilantro, parsley, marjoram or oregano (if using), 2 Tbs. of the lime juice, cumin, coriander, and 1 tsp. salt. Blend in the yogurt. Season to taste with more salt. Chill well.

Heat the oil in a 10-inch skillet over medium heat. Add the pepitas and cook until they begin to pop and color a bit, about 3 minutes. Add the remaining 2 Tbs. lime juice, the chile powder, and ½ tsp. salt and stir until the juice has evaporated, leaving a film on the pan.

Season the soup to taste with salt and thin with broth if necessary. Divide among 6 cups or small bowls and garnish with the pepitas, the remaining poblano, and a few pinches of chile powder.

Shop and Store

Shop Choose avocados that are firm-ripe to the touch with just a little give. They shouldn't be rock hard. On the other hand, if an avocado is very soft and it feels as if there's an air pocket between the skin and the flesh, it's overripe.

Store Allow firmer avocados to ripen at room temperature for three or four days before using or refrigerating. (To accelerate the ripening process, put them in a paper bag with a ripe banana.) Store firm-ripe avocados in the crisper drawer of the fridge for up to a week. If already cut, rub lemon or lime on the cut side to slow discoloration, wrap in plastic, and refrigerate for up to three days.

chicken paillards with avocado and pomegranate salsa

Chicken paillards are breasts that have been pounded very thin. They cook quickly and provide a delicious canvas for this inspired tart-sweet salsa. Sprinkle the leftover pomegranate seeds over a mixed green salad.

Serves 4

FOR THE CHICKEN

- 4 4- to 6-oz. boneless, skinless chicken breast halves
- $\frac{1}{4}$ cup fresh lemon juice
- 3 Tbs. extra-virgin olive oil
- 1 Tbs. pomegranate molasses (see Test Kitchen, p. 81)
- Kosher salt and freshly ground black pepper

FOR THE SALSA

- 1 large lemon
- $\frac{1}{2}$ medium pomegranate
- 3 small scallions, white and light-green parts only, thinly sliced

2 medium firm-ripe avocados (6 to 7 oz. each), pitted, peeled (see Test Kitchen, p. 81), and cut into $\frac{1}{4}$ -inch dice

2 Tbs. extra-virgin olive oil

2 tsp. chopped fresh flat-leaf parsley

1 tsp. finely diced seeded jalapeño

1 tsp. pomegranate molasses

Kosher salt

PREPARE THE CHICKEN

Pound each chicken breast between pieces of plastic wrap until about $\frac{3}{8}$ inch thick. In a shallow bowl, stir the lemon juice, 2 Tbs. of the olive oil, the pomegranate molasses, $\frac{3}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Add the chicken, turn to coat well, cover, and refrigerate for at least 20 minutes and up to 1 hour.

MAKE THE SALSA

Finely grate the zest from the lemon and then squeeze 1 Tbs. juice. Pick the seeds

out of the pomegranate, discarding any pith, and put them in a bowl. Add the lemon zest and juice, scallions, avocado, olive oil, parsley, jalapeño, pomegranate molasses, and $\frac{1}{2}$ tsp. salt. Fold gently with a rubber spatula. Season to taste with more salt.

COOK THE CHICKEN

Heat $\frac{1}{2}$ Tbs. of the olive oil in 12-inch skillet over medium heat. Add 2 of the chicken breasts and cook until lightly browned, about 3 minutes. Flip and cook until lightly browned on the other side and cooked through, about 3 minutes more. Transfer the chicken to a plate and cover to keep warm. Repeat with the remaining $\frac{1}{2}$ Tbs. oil and 2 chicken breasts. Serve the chicken with the salsa spooned over the top.

The former chef and owner of Greens restaurant in San Francisco, Deborah Madison is a cooking teacher and cookbook author based in New Mexico. Her latest book is What We Eat When We Eat Alone. ■







Party of Two

This Valentine's Day, celebrate with a breakfast menu that's as quick and easy as it is special. BY NICOLE REES

Menu for Two

*Champagne with
fresh raspberries*

*Baked Eggs
with Chives and Cream*

Candied Bacon

*Sour Cream Coffee Cake
with Brown Sugar
Streusel*

Strawberries

Coffee





sour cream coffee cake with brown sugar streusel

Start breakfast by making this quick cake. After your eggs and bacon, cut still-warm pieces and serve them with coffee (and maybe a second glass of Champagne).

Yields one 8-inch square cake; serves 9

FOR THE STREUSEL

3¾ oz. (¾ cup) all-purpose flour; more for the pan

½ cup packed light brown sugar

½ tsp. ground cinnamon

¼ tsp. table salt

2¼ oz. (4½ Tbs.) unsalted butter, melted; more if needed

FOR THE CAKE

½ cup sour cream, at room temperature

1 tsp. pure vanilla extract

2 drops pure almond extract

4 oz. (½ cup) very soft unsalted butter; more for the pan

¾ cup granulated sugar

1 large egg yolk, at room temperature

1 large egg, at room temperature

¼ plus ½ tsp. table salt

5¼ oz. (1¼ cups) cake flour

1 tsp. baking powder

¼ tsp. baking soda

MAKE THE STREUSEL

In a small bowl, stir the flour, brown sugar, cinnamon, and salt. Drizzle the melted butter over the dry ingredients and stir until well combined. The streusel should feel clumpy, not sandy, when gently squeezed between your fingertips. If it seems dry, add more melted butter.

MAKE THE CAKE

Position a rack in the center of the oven and heat the oven to 350°F. Lightly butter the bottom and sides of a 8-inch square metal cake pan. Line the bottom of the pan with parchment and butter the parchment. Dust the pan with flour, tapping out any excess.

In a small bowl, whisk the sour cream, vanilla, and almond extract.

In a large bowl, cream the butter, granulated sugar, and egg yolk with a wooden spoon until blended, about 20 seconds. Using a whisk, whisk in the whole egg and salt and continue to whisk until the batter is smooth and the sugar begins to dissolve, about 30 seconds. Whisk in the sour



cream mixture. Sift the cake flour, baking powder, and baking soda directly onto the batter. Whisk until the mixture is smooth and free of lumps.

Spread the batter evenly in the pan. Sprinkle the streusel over the batter, squeezing it with your fingertips to form small clumps. Bake until puffed and golden and a skewer inserted in the center of the cake comes out with only moist crumbs clinging to it, 28 to 30 minutes. Set the pan on a rack to cool for 15 minutes.

Run a knife between the cake and the sides of the pan. Invert the cake onto the rack and remove the parchment. Invert again onto a serving plate, so the streusel is on top. Let cool at least 10 minutes before serving. This cake is best served warm.



baked eggs with chives and cream

These eggs are surprisingly easy: They're ready in about 10 minutes.

Serves 2

- 2 tsp. unsalted butter, softened
- 4 large eggs

Kosher salt and freshly ground black pepper

- 1½ tsp. chopped fresh chives
- 2 Tbs. heavy cream

Position a rack in the center of the oven and heat the oven to 425°F. Butter 2 oven-safe 6-inch gratin dishes with 1 tsp. butter each.

Crack 2 eggs into each gratin dish. Season with a pinch of salt and pepper, and sprinkle with the chives. Drizzle 1 Tbs. cream in each dish, starting over the yolks and working around the dish. Bake until the eggs are bubbly and browned on the edges but not quite set in the middle, 5 minutes. (For firmer eggs, bake an additional 1 minute.)

Heat the broiler on high. Broil the eggs, still on the center rack of the oven, until the center is just set, about 2 minutes. Remove from the oven immediately—the eggs will continue to set.

candied bacon

Make this maple-syrup-coated, brown-sugar-crustured bacon and then keep it warm while the eggs bake.

Serves 2

- 6 slices thick-cut bacon
- 2 Tbs. plus 1 tsp. pure maple syrup
- 1½ Tbs. light brown sugar

Position a rack in the center of the oven and heat the oven to 425°F. Arrange the bacon slices on a rimmed baking sheet. Drizzle both sides with the maple syrup and then sprinkle both sides evenly with the sugar. Bake until browned and crisp, 20 to 22 minutes.

Nicole Rees is a food scientist and professional baker who lives in Portland, Oregon. ■

The Classic

A step-by-step guide to mastering this

The Vegetables

A variety of vegetables—including carrots, onions, and garlic—rounds out the flavor of this hearty stew.

The Duck Confit

A classic French dish and an essential component of cassoulet, duck confit is prepared by salting duck legs before slowly poaching them in duck fat and then curing them in that fat for at least a week.

Cassoulet

legendary French dish. BY MARTHA HOLMBERG

The Beans

White navy beans (called *haricots* in French) are traditional in cassoulet, and it's best to use dried, not canned. Cooking the beans allows you to infuse them with the deep flavor that cassoulet requires. Plus, you get a delicious cooking liquid to moisten the dish. Cooking the beans also helps control their doneness, so they turn out perfectly creamy and not mushy.

The Breadcrumbs

Fresh breadcrumbs are generously sprinkled on top of the cassoulet not once but twice during baking to develop its typically crisp bread topping—an appealing counterpoint to the rich, moist stew.

The Meats

While the types of meat used in cassoulet vary from region to region in France, most versions call for slow-roasted or stewed pork shoulder and some kind of pork sausage—most commonly the garlic *saucisse* typical of Toulouse.



W

HEN MOST FOODIES GO ON A TRIP TO FRANCE, they bring back photos, or maybe a copper pot; some even smuggle a Camembert or *saucisson* in their luggage. Me? I bring back recipes. I lived in Paris for almost four years, so I've got plenty of recipes from those days. But my favorite, the one that transports me directly to the *quatrième arrondissement*, is cassoulet.

At its most basic, cassoulet is a hearty casserole of creamy white beans layered with meats, sausage, and (usually) duck confit, slowly baked until brown and bubbling. Not only is it the best pork and beans you can imagine, but it's also a definitive dish of French country cooking—one that, to this day, stirs up fierce debate over what makes it authentic. Is it duck or goose confit?



1



2

cassoulet of white beans with braised pork, sausage, and duck confit

Here's a step-by-step timeline to making cassoulet. Serve a light salad (frisée with a sharp vinaigrette fits the bistro theme) before or after.

Serves 10 to 12

1 WEEK TO 2 MONTHS AHEAD



Make the Duck Confit

Prepare the duck confit at least one week before making cassoulet—the flavor and texture improve as it sits. Since you'll need only about half the confit, turn to Test Kitchen, p. 81, for ideas on how to use the rest.

Yields 8 duck legs

- 8 duck leg-thigh pieces, about 8 oz. each
- 3 Tbs. kosher salt
- 8 3-inch sprigs fresh rosemary
- 4 dried bay leaves, broken in half
- 4 large cloves garlic, sliced

- 8 medium sprigs fresh thyme
- 1½ quarts (3 lb.) duck fat

Tidy up the duck legs by pulling off any large bits of fat and trimming any skin that hangs way beyond the meat. (You can put the skin and fat in a small saucepan over low heat to render the fat; save this for confit or for another use.)

Sprinkle half the salt in an even layer on a rimmed baking sheet. Lay out the sprigs of rosemary, the bay leaves, and half the garlic slices in 8 piles **1**, put a duck leg on top of

each **2**, then press the thyme and remaining garlic on top of the duck. Sprinkle the duck with the rest of the salt and then spread it with your hands so that all sides are coated. Cover tightly with plastic wrap and refrigerate for 24 hours.

Put the duck fat in a heavy Dutch oven that's large enough to hold all the legs (they can be stacked) and heat over low heat until melted. Scrape all of the seasonings from the duck, wiping away any moisture with paper towels. Slip the duck legs into the fat and completely submerge them **3**. Cover the pot and adjust

Food styling by Melissa Pellegrino

Salt pork? Mutton? That's because for centuries, cooks in France have made it with ingredients available locally. In that spirit, my cassoulet includes whatever tasty sausage my butcher has, plus stewed pork and homemade duck confit, which gives it an incredible richness and depth of flavor.

For all its legendary appeal, cassoulet isn't difficult to make; it just takes time. The trick is to break it into steps: make the confit, cook the beans and pork, prepare the vegetables, and assemble.

For me, spending a chilly winter weekend simmering and braising and baking up a cassoulet and then serving it to a group of friends is about as close as I can get to recreating the embrace of my old neighborhood bistro. If only my dining room had those perfect red leather banquettes worn supple by decades of chic Parisians sliding into their seats. And a cranky waiter, of course.



3



4

the heat so that the fat stays just about 200°F; do not let it go over 210°F.

Cook until the legs are completely tender when pierced by a knife, 2½ to 4 hours, depending on the size of the legs. Let them cool in the fat; when cool enough to handle, remove with tongs, taking care not to rip the skin, which will be delicate.

Arrange the legs in a crock, baking dish, or large sturdy plastic container (they can be stacked). Pour the fat through a fine strainer over the legs to cover them completely **4**. Cover the dish tightly and refrigerate for at least 1 week before using (you can use the

legs sooner, but the texture and flavor are best after this curing period). You can store the confit for up to 8 weeks.

To use, gently pry out the number of legs you need, scrape off the excess fat, and press the fat back over the remaining legs.

FOR THE CASSOULET RECIPE

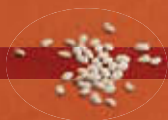
Heat the oven to 375°F. Arrange the duck legs skin side up on a heavy rimmed baking sheet and cook until heated through, 20 to 25 minutes. Let cool slightly. With your fingers, pull off the skin and chop it finely; then pull off the meat in large chunks

and assemble with the beans according to the recipe (see p. 61).

TO EAT CONFIT AS A MAIN DISH

Reheat as above for about 15 minutes and then raise the heat to 425°F. Flip the legs skin side down and continue to cook until the skin is crisp and brown; use a thin spatula to remove them from the pan. If you need just a few legs' worth of confit, heat them in a skillet (preferably cast iron), and crisp the skin over medium-high heat.

UP TO 2 DAYS AHEAD



Cook the Beans

- 2 lb. dried Great Northern beans (or other medium white bean), picked through and rinsed
- 1 medium yellow onion, quartered
- 5 to 6 sprigs fresh thyme
- 1 6-inch sprig fresh rosemary
- 1 sprig fresh savory (optional)
- 1 medium dried bay leaf
- 1 small dried red chile, such as chile de árbol, or ¼ tsp. crushed red pepper flakes
- 2 tsp. kosher salt

Soak the beans overnight in cold water (soaking is optional, but makes the texture creamier and the cooking time shorter; for a quick soaking method, see Test Kitchen, p. 81). Drain, rinse again, and put in a large saucepan or 5- to 6-quart Dutch oven. Add enough water to cover the beans by 1 inch (more, if you didn't soak them). Add the onion, thyme, rosemary, savory (if using), bay leaf, chile, and salt. Bring to a simmer over medium heat, adjusting the heat as needed to achieve a gentle bubbling. Cover partially and simmer until the beans are tender but still hold their shape. Depending on the variety and freshness of your beans, this could take from 30 minutes to 2 hours, so check frequently, adding more water if the beans get dry. Remove from the heat and let cool in the liquid.

Make ahead: You can make the beans up to 2 days ahead. If not using the same day, refrigerate the beans and their cooking liquid separately. Discard the herb stems, onion, and chile.

UP TO 2 DAYS AHEAD



Make the Stewed Pork

- 2 lb. boneless pork shoulder, cut into 2-inch pieces
- 1 Tbs. extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 cup dry white wine
- 1 cup lower-salt canned or homemade chicken broth
- 1 medium clove garlic, smashed
- 1 4-inch sprig fresh rosemary

In a medium bowl, toss the pork with the olive oil and a generous sprinkling of salt and pepper. Heat a 10-inch straight-sided sauté pan over medium-high heat, add about half of the pork in a single layer, and cook until well browned on all sides, 7 to 8 minutes. Transfer to a plate and repeat with the remaining pork. Pour off any fat and return the reserved pork and any accumulated juices to the pan. Add the wine and boil vigorously until it's reduced to about ¼ cup. Add the broth, garlic, and rosemary and reduce the heat to low. Cover the pan and simmer gently until the pork is very tender, 1 to 1½ hours. Cool slightly, remove the meat from the broth, and put the broth in a bowl. Let the broth cool and then skim off as much fat as possible.

Make ahead: You can cook the pork up to 2 days ahead.

UP TO 1 DAY AHEAD



Cook the Vegetables and Tomato Sauce

- ¼ cup duck fat (from the duck confit recipe on p. 58) or extra-virgin olive oil
- 4 oz. pancetta (about three ¼-inch-thick slices), cut into ½-inch dice (1 cup)
- 2 large carrots, cut into ¾-inch dice (about 1½ cups)
- Kosher salt and freshly ground black pepper
- 1 large yellow onion, diced (2 cups)
- 5 medium cloves garlic, minced
- 1 28-oz. can whole peeled tomatoes, drained and chopped

Heat 1 Tbs. of the duck fat or olive oil in a 12-inch skillet over medium-low heat. Add the pancetta and cook until browned and most of the fat has been rendered, about 15 minutes. Transfer to a bowl and pour off the fat. Add another 1 Tbs. of the duck fat or oil to the pan, raise the heat to medium high, and add the carrots; season with salt and pepper. Cook until barely tender and golden around the edges, 3 to 5 minutes. Transfer the carrots to the bowl with the pancetta. Add 1 Tbs. more duck fat or oil and the onions to the skillet. Season with salt and pepper, reduce the heat to medium low, and cook, stirring and scraping the pan frequently, until the onions are soft and fragrant and starting to caramelize, 15 to 20 minutes. Add the onions to the carrots and pancetta.

If there's a layer of cooked-on juices in the pan, deglaze with a few spoonfuls of water and add that to the vegetables and pancetta.

Over medium-high heat, add the remaining 1 Tbs. duck fat or olive oil to the skillet, and quickly cook the garlic until it's fragrant, about 30 seconds. Add the chopped tomatoes and a pinch of salt and cook, stirring frequently, until they reach the consistency of a chunky sauce, 5 to 6 minutes. Set aside.

Make ahead: You can cook the vegetables and tomato sauce up to 1 day ahead, but don't combine them with the beans until the day of assembly.



5



6



7



8

SEVERAL HOURS AHEAD



Assemble the Cassoulet

- ½ cup roughly chopped fresh flat-leaf parsley**
- 3 Tbs. plus 1 tsp. extra-virgin olive oil**
- 4 6-inch links mild fresh sausage (such as sweet Italian)**
Meat from 4 legs duck confit (see recipe on p. 58), pulled into chunks
- 3 cups coarse fresh breadcrumbs**
- ¼ cup freshly grated Parmigiano-Reggiano (optional)**
- 1 tsp. finely grated lemon zest (optional)**

Strain the beans, reserving the cooking liquid (if you haven't done so already). Pick out the herb stems, onion, and chile and discard. Gently fold the beans with the pancetta-vegetable mixture, the tomato sauce, and the parsley. Season to taste with salt and pepper.

Choose a vessel for the cassoulet: A flame-proof roasting pan that's about 16x13x3 inches works well, as does a 9- to 10-quart Dutch

oven. Adjust the oven rack so that the pan you're using will sit about 6 inches below the broiler. Heat the oven to 350°F.

Heat 1 tsp. of the olive oil in the pan over medium heat. Add the sausages and cook until nicely browned all over, 5 to 6 minutes (they don't need to be fully cooked at this point). Remove from the heat. Set the sausages aside to cool; then cut into quarters. Pour off any fat from the pan.

Spoon half the bean mixture into the pan in an even layer. Arrange the sausage, pork shoulder, and duck meat evenly over the beans **5**. Top with the rest of the beans. Pour in the defatted pork broth **6** and then add the bean-cooking liquid until the level comes to just below the beans—you should be able to see the liquid but it shouldn't cover the beans **7**. Bake the cassoulet, uncovered, for 45 minutes.

Toss the remaining 3 Tbs. olive oil with the breadcrumbs, cheese, and zest (if using), and spread about 2 cups over the surface of the cassoulet. Continue baking until the crumbs start to brown and the beans are sizzling around the edges, about 45 minutes more.

Sprinkle on the remaining crumbs 8, turn the broiler to high, and broil until the crumbs are crunchy and browned, about 1 minute. Remove the cassoulet and let it sit for at least 45 minutes so the juices can thicken slightly. Serve hot or warm.

Trained at La Varenne cooking school in France, Martha Holmberg is the food editor at The Oregonian. ■



Watch a video on how to make duck confit at FineCooking.com/extras.



The strategy

Feed both the **meat lovers** and the **vegetarian** at your table with this easy three-step strategy:

- 1 Start by making a flavorful meatless main.
- 2 Set some aside for the vegetarian.
- 3 Add meat or seafood to the rest of the dish and serve.

Flex

Your



VEGETARIAN



MEAT LOVER



MEAT LOVER

Meals*

These hearty main courses will satisfy both vegetarians *and* meat lovers.

BY IVY MANNING

You married a vegetarian, your teenager announces she no longer eats red meat, or your vegan friend is coming to dinner. What are you going to cook to satisfy everyone? The good news is that you don't have to make two meals or serve bland tofu dogs to the vegetarians.

My strategy is simple: Prepare a vegetarian main dish that's delicious on its own, set some aside for the non-meat-eater, and then add meat or seafood to the rest of the meal. Dinner's on the table fast, and everyone gets to enjoy the same supper without your having to do double duty in the kitchen.

One pan, two easy meals: Prepare Broccoli and Shiitake Stir-Fry with Black Bean Garlic Sauce (page 69) for the vegetarian; then add skirt steak for the meat lovers.



vegetable red thai curry + chicken

This quick curry uses canned or jarred curry paste; be sure to read the label, as some curry pastes contain shrimp paste and are therefore not vegetarian. Serve over jasmine rice.

Serves 1 vegetarian and 3 meat lovers

- 1 Tbs. vegetable oil
- 3 Tbs. red Thai curry paste
- 2 cups snap peas, trimmed and cut in half on the diagonal
- 2 large shallots, thinly sliced (about 1 cup)
- 1 medium red bell pepper, thinly sliced into 2-inch-long strips
- 1 13.5- to 14-oz. can coconut milk
- 6 wild lime leaves (magrut or kaffir lime; optional)
- 1 Tbs. light brown sugar
- 4 oz. extra-firm tofu, cut into $\frac{3}{4}$ -inch cubes
- 2 tsp. soy sauce
- 1 cup loosely packed Thai basil (or regular basil, torn into small pieces)
- 1 Tbs. plus 1 tsp. fresh lime juice
- Kosher salt
- 12 oz. boneless, skinless chicken thighs (about 4), cut into 1- to 1 $\frac{1}{2}$ -inch pieces
- 2 Tbs. fish sauce

1

START THE RECIPE

Heat the oil in a 3-quart saucepan over medium-high heat until shimmering hot. Add the curry paste and cook, stirring frequently, until fragrant, 20 seconds. Take the pan off of the heat and stir in the snap peas, shallots, pepper, coconut milk, lime leaves (if using), sugar, and 1 cup water. Stir to combine.

2 SET SOME ASIDE FOR THE VEGETARIAN AND ADD TOFU

Transfer about 1 cup of the curry mixture to a 2-quart saucepan (reserve the rest for step 3). Add the tofu. Bring to a simmer over medium heat, cover, and cook until the vegetables are tender, 8 to 10 minutes. Stir in the soy sauce, $\frac{1}{4}$ cup of the basil, and 1 tsp. of the lime juice. Let rest off the heat for 5 minutes. Season to taste with salt.

3 ADD CHICKEN FOR THE MEAT LOVERS

Add the chicken to the remaining curry, bring to a simmer over medium heat, cover, and cook until the vegetables are tender and the chicken is cooked through, 8 to 10 minutes. **Stir in the remaining** $\frac{3}{4}$ cup basil, 1 Tbs. lime juice, and the fish sauce. Let rest off the heat for 5 minutes. Season to taste with salt.

Food styling by Samantha Seneviratne



cannellini bean and kale soup + italian sausage

This hearty Tuscan soup is full of flavor, with or without the sausage. The crinkly, deep-green leaves of Lacinato kale (also called dinosaur or black kale) are ideal, but any variety of kale will work. Serve with a crusty baguette.

Serves 1 vegetarian and 3 meat lovers

- 1½ Tbs. extra-virgin olive oil
- 1 medium yellow onion, finely chopped (1½ cups)
- 1 medium carrot, peeled and finely chopped (¾ cup)
- 1 medium celery stalk, finely chopped (¾ cup)
- 1½ tsp. minced fresh rosemary
- 2 Tbs. tomato paste
- 2 large cloves garlic, minced (1 Tbs.)
- 1 quart homemade or lower-salt vegetable broth
- 2 15-oz. cans cannellini beans, rinsed and drained
- 6 oz. Lacinato kale, center ribs removed, leaves chopped (about 4 firmly packed cups)
- 1 Parmigiano-Reggiano rind (1x3 inches; optional)
- 1½ tsp. cider vinegar
- Kosher salt and freshly ground black pepper
- ½ lb. sweet or hot bulk Italian sausage, rolled into bite-size meatballs

1

START THE RECIPE

Heat 1 Tbs. of the oil in a 4- to 5-quart pot over medium heat. Add the onion, carrot, celery, and rosemary and cook, stirring occasionally, until the vegetables begin to soften, about 6 minutes. Add the tomato paste and garlic and cook until fragrant, 45 seconds. Add the broth, beans, kale, and Parmigiano rind (if using). Bring to a boil, reduce the heat to medium low, and simmer gently until the vegetables are tender, about 15 minutes.

Meanwhile, heat the remaining ½ Tbs. oil in a 10-inch nonstick skillet over medium-low heat. Add the sausage meatballs, sprinkle with a pinch of salt, and cook, stirring occasionally, until browned and cooked through, about 10 minutes.

Stir the cider vinegar into the soup and season to taste with salt and pepper.

SET SOME ASIDE FOR 2 THE VEGETARIAN

Ladle 1¾ cups of the soup into a wide, shallow bowl, cover, and keep warm.

Get a recipe for homemade vegetable broth at FineCooking.com/extras.



3 ADD SAUSAGE FOR THE MEAT LOVERS

Add the sausage to the remaining soup and bring to a simmer over medium-high heat. Cook 5 minutes more to meld the flavors.



spicy red lentil dal with winter vegetables + lamb

Dal—a thick, spicy Indian stew made with legumes like chickpeas and lentils—is a classic vegetarian dish. Add tender lamb pieces for the meat lovers at the table. Serve with basmati rice.

Serves 2 vegetarians and 4 meat lovers

- 1 lb. boneless leg of lamb, trimmed and cut into 1-inch pieces
- 5 tsp. garam masala or curry powder
Kosher salt and freshly ground black pepper
- 1 medium yellow onion, coarsely chopped (1½ cups)
- 4 medium cloves garlic, chopped
- 2 Tbs. peeled and chopped fresh ginger (from a 2-inch piece)
- 1 serrano chile, stemmed and chopped
- 3 Tbs. vegetable oil
- 1½ tsp. brown mustard seeds
- 1½ cups red lentils
- ½ small head of cauliflower, cut into 1½-inch pieces (about 3 cups)
- 4 medium carrots, peeled and cut into 1-inch pieces (about 2½ cups)
- 2 large Yukon Gold potatoes (about 8 oz. each), peeled and cut into 1-inch chunks (1½ cups)
- 1 tsp. ground turmeric
- 1 cup chopped fresh cilantro

1

START THE RECIPE

In a medium bowl, mix the lamb with 2 tsp. of the garam masala, 1 tsp. salt, and ½ tsp. pepper.

In a food processor, pulse the onion, garlic, ginger, and chile in 1-second intervals until finely chopped. (Don't run the processor constantly or the mixture will become too watery.)

Heat 2 Tbs. of the oil in a 4- to 5-quart pot over medium heat. When the oil is hot, add the mustard seeds. When the seeds begin to pop and turn gray, about 1 minute, stir in the remaining 3 tsp. garam masala, the onion mixture, lentils, cauliflower, carrots, potatoes, turmeric, 6 cups of water, and 1½ tsp. salt.

SET SOME ASIDE FOR **2** THE VEGETARIANS

Transfer 3 cups of the dal to a 2-quart saucepan (reserve the rest for step 3). Bring to a boil over medium-high heat, reduce the heat to maintain a gentle simmer, and cover.

Simmer until the vegetables are tender, stirring occasionally, about 30 minutes.

Season to taste with salt and pepper and stir in ¼ cup of the cilantro.

3 ADD LAMB FOR THE MEAT LOVERS

In a 12-inch skillet, heat the remaining 1 Tbs. oil over medium-high heat and brown the lamb, about 2 minutes per side. Transfer the meat to a bowl. Deglaze the skillet with ½ cup water, let it reduce by half, and add it to the bowl.

Add the lamb and its liquid to the remaining dal. Bring to a boil over medium-high heat, reduce to medium low, and cover. Simmer until the vegetables and meat are tender, stirring occasionally, about 30 minutes. Season to taste with salt and pepper and stir in the remaining ¾ cup cilantro.





penne alla puttanesca + shrimp

Anchovies are a traditional component of this classic Italian dish, but they're optional even for the meat lovers' portions. Shrimp, on the other hand, may not be authentic, but they're completely at home in the spicy, briny sauce.

Serves 1 vegetarian and 3 meat lovers

- 2 Tbs. extra-virgin olive oil
- 2 large cloves garlic, smashed and peeled
- 1 medium yellow onion, finely chopped
- 1 tsp. finely grated orange zest (from half a medium orange)
- ½ tsp. dried oregano
- ¼ tsp. crushed red pepper flakes
- ½ cup dry white wine
- 1 28-oz. can whole tomatoes, coarsely chopped, juice reserved
- ⅓ cup pitted Kalamata olives, rinsed and quartered
- 2 Tbs. capers, rinsed
- Kosher salt and freshly ground black pepper
- 8 oz. whole-grain penne pasta
- ½ cup grated Pecorino Romano
- ⅓ cup chopped fresh flat-leaf parsley
- 12 oz. medium shrimp (51 to 60 per lb.), shelled and deveined
- 3 anchovies, finely chopped (optional)

1

START THE RECIPE

Heat the oil in a 12-inch skillet over medium heat. Add the garlic and cook until golden, 2 to 3 minutes. Add the onion, orange zest, oregano, and pepper flakes and cook, stirring occasionally, until the onion is tender, 5 to 6 minutes. Add the wine and simmer until it has almost evaporated, about 2 minutes. Stir in the tomatoes and their juice, olives, and capers. Bring to a boil over medium-high heat, reduce the heat to maintain a gentle simmer, and cook until the sauce has thickened, about 20 minutes. Season to taste with salt and pepper.

Meanwhile, bring a large pot of salted water to a boil. Add the penne and cook until al dente. Drain well.

SET SOME ASIDE FOR **2** THE VEGETARIAN

In a warm serving bowl, toss 1½ cups of the pasta with ¾ cup of the sauce (reserve the rest for step 3). Sprinkle with about one-quarter of the cheese and parsley.

3 ADD SHRIMP FOR THE MEAT LOVERS

Add the shrimp and anchovies (if using) to the remaining sauce in the skillet. Raise the heat to medium high and cook, stirring occasionally, until the shrimp are cooked through, 3 to 4 minutes. Pour the remaining pasta into the skillet and toss with the shrimp sauce. Divide the pasta among 3 bowls. Sprinkle with the remaining cheese and parsley.





fennel, pepper, and saffron stew with garlic toast + halibut and mussels

A generous handful of chickpeas and a sprinkling of Manchego cheese make this Spanish-inspired stew hearty and satisfying even without the seafood.

Serves 1 vegetarian and 3 meat lovers

- 2 Tbs. extra-virgin olive oil, more for the bread
- 1 medium yellow onion, thinly sliced (2 cups)
- 1 medium fennel bulb, stalks and fronds removed, quartered lengthwise, cored, and thinly sliced crosswise (4 cups)
- 1 medium carrot, peeled and thinly sliced crosswise (¾ cup)
- 1 small red bell pepper, stem, ribs, and seeds removed and discarded; flesh thinly sliced lengthwise (1½ cups)
- 3 Tbs. tomato paste
- 2 medium cloves garlic (1 minced, 1 whole)
- ½ cup dry white wine, such as Albariño
- 1 15.5-oz. can chickpeas, drained and rinsed
- 1 tsp. chopped fresh thyme
- ⅓ tsp. pimentón (smoked paprika)
- 2 pinches saffron
- 1 bay leaf
- Kosher salt and freshly ground black pepper
- 4 baguette slices, ¾ inch thick
- 2 Tbs. grated Manchego cheese
- 8 oz. skinless halibut fillets or other firm white fish, cut into 1-inch chunks
- 10 mussels, scrubbed and debearded

1

START THE RECIPE

Heat the oil in a 5-quart saucepan over medium heat. Add the onion, fennel, carrot, and bell pepper and cook, stirring occasionally, until the vegetables are tender but not browned, about 5 minutes. Add the tomato paste and minced garlic and cook, stirring constantly, until the garlic is fragrant, about 45 seconds. Add the wine, bring to a simmer, and cook until the liquid has reduced by half, about 2 minutes. Add 3½ cups of water, the chickpeas, thyme, pimentón, saffron, and bay leaf. Bring to a simmer, cover, and cook until the vegetables are tender and the stew has thickened slightly, about 25 minutes. Season to taste with salt and pepper.

Position a rack 6 inches from the broiler and heat the broiler on high. Put the bread slices on a rimmed baking sheet and brush both sides with oil. Broil, flipping once, until both sides are golden-brown, about 4 minutes total. Remove from the oven and rub each slice with the whole clove of garlic.

SET SOME ASIDE FOR THE VEGETARIAN **2**

Transfer 2 cups of the stew to a wide, shallow bowl, cover, and keep warm (reserve the rest for step 3). Just before serving, sprinkle with the Manchego. Serve with a garlic toast.

3 ADD HALIBUT AND MUSSELS FOR THE MEAT LOVERS

Gently stir the halibut and mussels into the remaining stew, cover, and simmer until all the mussels have opened and the fish is cooked through, 4 to 8 minutes. Discard any mussels that do not open. Ladle into wide, shallow bowls and serve with the remaining garlic toasts.





broccoli and shiitake stir-fry with black bean garlic sauce + skirt steak

Dried shiitake mushrooms add an almost “meaty” flavor to the vegetarian portion of this fresh and simple version of a Chinese take-out classic. Serve with steamed rice.

Serves 1 vegetarian and 3 meat lovers

- 8 oz. skirt or flank steak, sliced across the grain ¼ inch thick
- 1 Tbs. reduced-sodium soy sauce
- 1 small clove garlic, minced (1 tsp.)
- 6 dried shiitake mushrooms, reconstituted in 1 cup boiling water for 20 minutes
- ¼ cup black bean garlic sauce (such as Lee Kum Kee brand)
- 2 Tbs. Shaoxing wine (Chinese rice wine) or dry sherry
- 1 Tbs. cornstarch
- 2 tsp. Asian chile sauce or paste
- 2 Tbs. vegetable oil
- 4 tsp. minced fresh ginger
- 2 lb. broccoli, crowns cut into florets, stems peeled and thinly sliced
- ½ cup toasted cashews, coarsely chopped

1

START THE RECIPE

Combine the steak, soy sauce, and garlic in a small bowl and set aside.

Drain the mushrooms, reserving ⅔ cup of the soaking liquid. Discard the stems and thinly slice the caps. In a small bowl, combine the reserved mushroom soaking liquid and the black bean sauce, wine, cornstarch, and chile sauce. Stir to dissolve the cornstarch and set aside.

Heat 1 Tbs. of the vegetable oil in a 12-inch skillet over medium-high heat. Add the ginger and stir-fry until fragrant, 15 seconds. Add the broccoli and ¼ cup water, cover, and steam until the broccoli is just tender, 3 to 5 minutes. Stir in the black bean sauce mixture and the mushrooms and cook until the sauce is thick and bubbly, about 1 minute. Add the cashews and toss to combine. Transfer to a large serving bowl.

SET SOME ASIDE FOR 2 THE VEGETARIAN

Transfer 2 heaping cups of the broccoli mixture to an individual serving bowl.

3 ADD BEEF FOR THE MEAT LOVERS

Put the skillet over high heat. Add the remaining 1 Tbs. oil and when hot, add the beef and its marinade. Stir-fry until the meat is just browned, 45 to 50 seconds. Remove from the heat. Return the remaining broccoli to the skillet and toss to combine with the beef.

Ivy Manning is a cooking instructor and cookbook author. Her latest book is The Adaptable Feast: Satisfying Meals for the Vegetarians, Vegans, and Omnivores at Your Table. ■



Thy Tran covers the dough to let it rest before cutting and rolling it out into dumpling wrappers.

COOKING CLASS

d

Cooking teacher

u

Thy Tran

m

shows us

p

how to make

l

classic

i

Chinese dumplings

n

and pot stickers,

g

plus a choice of fillings

s

and dipping sauces.



Clockwise from top left: Egg and Scallion Dumplings, Soy Dipping Sauce, Duck and Shiitake Pot Stickers, Ginger Vinegar Sauce, and Pork and Shrimp Pot Stickers.

Forget any dumplings you've had before. Cooking teacher, chef, and food writer Thy (pronounced TEE) Tran is here to give us a step-by-step lesson in making the best-ever classic Chinese dumplings (*jiao zi*).

She walks us through the process, explaining how to prepare a simple flour and water dough for the dumpling wrappers, how to cut and roll out the dough, and how to fill and shape the dumplings for boiling or pan-frying as pot stickers.

Thy also demonstrates three traditional *jiao zi* fillings (pork and shrimp, egg and scallion, and roast duck with shiitake and spinach), and two simple dipping sauces. By the end of class, you'll have mastered a repertoire of dumplings, fillings, and sauces. Never again will ordinary dumplings make the grade.

chinese dumplings (*jiao zi*)

These dumplings are so light and addictive, you'll be hard-pressed not to eat them all in one sitting.

**Yields thirty-six
3-inch dumplings**

6¾ oz. (1½ cups) unbleached all-purpose flour; more for kneading

1 recipe dumpling filling of your choice (turn to p. 75)

Kosher salt, as needed

Vegetable oil, as needed

1 recipe Ginger Vinegar or Soy Dipping Sauce (turn to p. 74)

Make the dough

Making and rolling out your own dumpling wrapper dough results in ultratender dumplings.

Pour the flour into a mound on a clean work surface. Make a deep, wide well in the center and pour in ½ cup cold water. Stir with your fingers, staying in the center at first and being careful that the water doesn't breach the wall **1**. Little by little, using your hand and a bench knife, mix in flour from the sides until the dough starts to come together. (Alternatively, put the flour in a medium bowl. Make a well, add the water, and stir first with a spoon and then your hand.) If the dough remains in shreds, sprinkle in additional water, a teaspoon at a time, until it begins to stick together. Don't add too much water or the dough will be difficult to work.

Knead the dough for 5 minutes to form a smooth, firm, elastic ball. (If you began the dough in a bowl, lightly dust a clean, dry surface with flour before kneading.) The dough should not be sticky and should bounce back when pressed with a fingertip. Divide in half with a bench knife **2** and roll into two 6-inch logs. Sprinkle each log evenly with flour, cover with a clean kitchen towel, and let rest for at least 30 minutes at room temperature before rolling and filling. (At this point, the dough can be covered with plastic and refrigerated for up to 8 hours. If refrigerated, return to room temperature before rolling.)





Cut and roll the dough

The trick here is to roll the dough so the edges are thin and the center is thicker. This way, the edges seal easily and the sturdy center keeps the filling inside during cooking.

Cut each log in half crosswise. Cut each half crosswise into thirds, and then slice each of those pieces into three even coins. You should have 36 pieces of equal size. Toss the pieces in flour to coat evenly and then cover with a clean towel so they don't dry out.

Using a small rolling pin, roll a piece of dough into a thin 3-inch circle; with the dough in one hand and the pin in the other, roll from the edges toward the center as you rotate the dough **3**.

Dumpling Party

Every year, Thy hosts a Chinese Lunar New Year party for her family and friends (the New Year falls on February 14 this year). Homemade dumplings (*jiao zi*) always take center stage. "It's a Chinese New Year tradition for families to gather around flour-dusted tables to roll, fill, and fold as many dumplings as possible," says Thy. (See Menus, page 96.)

"Jiao zi means 'money' in Mandarin," explains Thy. "Serving heaps of jiao zi is a way of sharing wishes for prosperity and success for the year to come."



Fill and shape the dumplings

Turn to page 75 for your choice of three authentic fillings, including the pork and shrimp filling pictured above.

Spoon 1 to 2 tsp. of the filling onto a dough circle **4**, fold it in half **5**, and then if you're going to boil the dumplings, seal it by pinching along the curved edge. If you're planning to pan-fry the dumplings for pot stickers, make your first pinch at the center of the curved edge **6** and then pleat toward the center on both sides to create a rounded belly **7**. This wider shape allows the dumplings to sit

upright in the pan and form a flat surface for browning.

Repeat with the remaining wrappers and filling. As you work, arrange the filled dumplings in a single layer without touching on large plates, so they don't stick together. (At this point, the dumplings may be covered and refrigerated for up to 4 hours or frozen, see p. 74.)



Cook the dumplings

Boiled dumplings are smooth and silky, and pan-fried pot stickers have irresistibly crisp bottoms. The choice is yours.

BOIL

Bring a large (7- to 8-quart) pot of salted water to a boil. Working in 2 or 3 batches to avoid overcrowding, quickly add the dumplings one at a time, making sure they don't stick to each other. Lower the heat to medium and continue to boil, gently stirring occasionally, until the dumplings float and are cooked through, 3 to 5 minutes. Remove with a slotted spoon and serve immediately with your choice of dipping sauce, at right.

PAN-FRY

Heat 2 Tbs. vegetable oil in a heavy-duty 10- or 12-inch skillet over medium-high heat until shimmering. Working quickly and in batches if necessary (adding more oil for the second batch if needed), arrange the dumplings belly side down in concentric circles starting from the outer edge. Cook until golden brown on the bottom, 1 to 2 minutes. Pour in about $\frac{1}{2}$ cup water or enough to come about a third of the way up the sides of the dumplings **8**, bring to a boil, cover, and cook until all of the water has been absorbed, 2 to 3 minutes. Remove the lid, reduce the heat to medium, and continue cooking just until the dumplings are dry and crisp on the bottom, 1 to 2 minutes. Loosen the dumplings from the pan with a spatula. Invert the pan over a plate to flip the dumplings, browned side up, onto the plate (or transfer with a spatula). Serve immediately with your choice of dipping sauce, at right.

The dipping sauces

Take your pick from these two tangy sauces, or serve both.

SOY DIPPING SAUCE

Yields about $\frac{1}{4}$ cup

- 3 Tbs. soy sauce
- 1 Tbs. rice vinegar
- 1 tsp. granulated sugar
- $\frac{1}{2}$ tsp. hot chile oil or toasted Asian sesame oil
- 1 small scallion, thinly sliced

In a small bowl, combine the soy sauce, vinegar, and sugar. Stir until the sugar is completely dissolved and then stir in the oil and scallion.

GINGER VINEGAR SAUCE

You can find Chinese black and red vinegar at an Asian market, or turn to p. 93 for a mail-order source.

Yields $\frac{1}{4}$ cup

- 3 Tbs. Chinese black or red vinegar
- 1 Tbs. finely julienned fresh ginger

Pour the vinegar into a small serving bowl. Add the ginger just before serving.



Make them last

These jiao zi freeze beautifully. Arrange just-formed dumplings in a single layer on lightly floured baking sheets and freeze for at least four hours. Once they are frozen through, transfer the dumplings to freezer storage bags. They can be frozen for up to three months. The dumplings can be boiled or pan-fried directly from the freezer; simply increase the cooking time by three to four minutes.



The dumpling fillings

The savory pork and shrimp filling below is the most traditional, but the duck and shiitake and egg and scallion fillings are delicious alternatives. Choose your favorite or make all three.

PORK AND SHRIMP

Butcher counters in Asian markets often offer several grinds of pork. For dumplings, use a coarser grind with more fat to ensure a tender, juicy filling. Hand-minced or ground beef or lamb, both typical in northern Chinese cooking, can be substituted for the ground pork and shrimp.

Yields enough for about 36 dumplings

- 2 cups finely chopped napa cabbage
- Kosher salt
- 12 oz. ground pork
- 8 oz. peeled, deveined shrimp, coarsely chopped
- 3 medium scallions, thinly sliced
- 3 large cloves garlic, minced
- 2 Tbs. Shoaxing (Chinese rice wine) or dry sherry
- 1½ Tbs. grated fresh ginger
- 1 Tbs. soy sauce
- 2 tsp. toasted Asian sesame oil
- ½ tsp. granulated sugar
- Freshly ground black pepper

In a medium bowl, toss the cabbage with 2 tsp. salt and set aside for 30 minutes to shed moisture. Wring out in a clean kitchen towel to extract as much liquid as possible.

In a large bowl, combine the cabbage with the pork, shrimp, scallions, garlic, Shoaxing, ginger, soy sauce, sesame oil, sugar, and ¼ tsp. pepper. Stir until well mixed. Refrigerate for at least 20 minutes. (You can prepare and refrigerate the filling up to 8 hours ahead.)

DUCK AND SHIITAKE

Chinese delis sell roasted ducks with glossy, crisp skin and succulent meat. Half a roast chicken, especially the thighs and legs, makes a fine substitute.

Yields enough for about 48 dumplings

- Half a roast duck, preferably Beijing-style
- 8 dried shiitake mushrooms, soaked in hot water for 30 minutes
- ½ tsp. granulated sugar
- 6 oz. spinach, washed and trimmed
- ¼ cup finely chopped water chestnuts
- 2 medium scallions, thinly sliced
- 1½ Tbs. minced fresh ginger
- 1 Tbs. soy sauce
- 1 tsp. cornstarch
- Freshly ground black pepper

Separate the duck meat from the bones and skin; shred the meat finely by hand. Cut the stems from the mushrooms and discard. Squeeze excess moisture from the caps and chop finely. Transfer the duck and mushrooms to a medium bowl.

In a 12-inch skillet, bring 2 Tbs. of water and the sugar to a boil over high heat. Add the spinach and cook, stirring, until wilted, 30 seconds to 1 minute. Squeeze the excess water from the spinach and transfer to a cutting board to cool. Chop finely.

Stir the spinach, water chestnuts, scallions, ginger, soy sauce, cornstarch, and ¼ tsp. black pepper into the duck and mushrooms. Transfer to a bowl and let cool. (You can prepare and refrigerate the filling up to 3 days ahead.)

EGG AND SCALLION

One of the easiest dumpling fillings to prepare, this version is a favorite with vegetarians and children.

Yields enough for about 30 dumplings

- 4 large eggs
- Kosher salt and freshly ground black pepper
- 2 Tbs. vegetable oil
- ½ tsp. toasted Asian sesame oil
- 2 medium cloves garlic, minced
- 1 cup thinly sliced scallions

In a small bowl, lightly beat the eggs with ½ tsp. salt and ¼ tsp. pepper.

Heat the vegetable and sesame oils in a 12-inch nonstick skillet over medium heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the eggs and cook, stirring occasionally with a heatproof rubber spatula, until large curds form, 30 to 40 seconds. Add the scallions and stir to mix evenly. Continue cooking until the eggs are cooked through but still moist, a few seconds more. Transfer to a bowl and let cool. (You can prepare and refrigerate the filling up to 2 days ahead.)

Thy Tran is the founder and director of the Asian Culinary Forum, as well as a food writer, chef, and cooking instructor. She lives and works in San Francisco. ■



Cook's Club members: Take a video class with Thy Tran at FineCooking.com/extras.

Devil's Food Cake

The sinful chocolate classic faces off against a contemporary reinvention.
Which will, um, take the cake? BY DAVID GUAS AND ELIZABETH FALKNER



Opposites Attract

Devil's food cake was created in America at the turn of the 20th century as the counterpart to the popular angel food cake—it's as dark and rich as angel food cake is light and airy.



Cocoa Power

In a nod to tradition, this classic devil's food cake is made with cocoa powder and not chocolate.



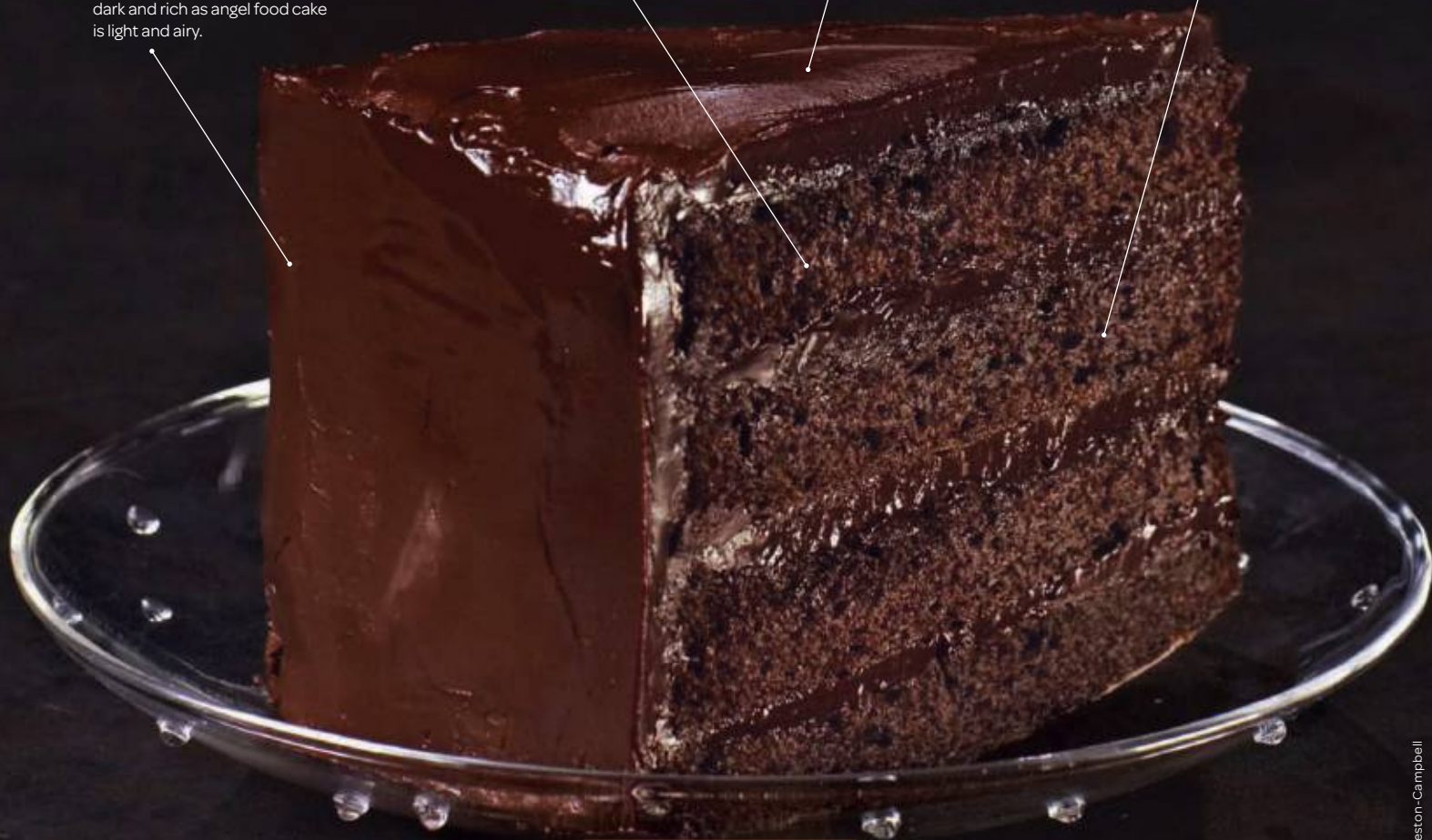
Double Up

A simple, luscious ganache of semisweet chocolate, cream, and butter does double duty as filling and frosting.



Secret Ingredient

A generous spoonful of mayonnaise in the batter saves this cake from any risk of dryness.



THE CLASSIC

Native New Orleans pastry guru David Guas gives us the best-ever classic. His secret? A bit of mayonnaise in the batter—a southern touch of goodness that makes the cake extra moist.



Name Game

In this update, devil's food cake becomes a verrine, which in France is a dish made of various components layered in a glass (*verre* is the French word for glass).



Top Notch

The streusel topping gets extra crunch from cocoa nibs (roasted cocoa beans broken into small pieces), and a little sea salt intensifies the chocolate flavor.



Squared Away

Chocolate cake is baked in a square pan and cut into small cubes that are tucked inside the glass, nestled between chocolate sauce and mousse.



Free Spirit

This version gets its own devilish spike from Nocino (an Italian liqueur made with unripe walnuts), though dark rum works just as well.



THE UPDATE

San Francisco pastry chef Elizabeth Falkner takes the classic apart and puts it back together in an unexpected way: a decadent parfait-like treat of cake, mousse, and chocolate sauce topped with crunchy, salty cocoa nib streusel.

southern devil's food cake

Serves 8 to 10

FOR THE GANACHE

- 1 lb. semisweet chocolate (preferably 58% cacao), finely chopped
- 2 cups heavy cream
- 1 oz. (2 Tbs.) unsalted butter, softened

FOR THE CAKE

- 6 oz. (¾ cup) unsalted butter, softened; more for the pans
- 8 oz. (1½ cups) all-purpose flour; more for the pans
- 2 cups packed dark brown sugar
- 2 tsp. pure vanilla extract
- 3 large eggs, at room temperature
- 2¼ oz. (¾ cup) unsweetened Dutch-processed cocoa powder
- 1¼ tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. kosher salt
- 1½ cups buttermilk, preferably low fat, at room temperature
- ¼ cup mayonnaise



Which version is your favorite?
Go to FineCooking.com/extras and let us know.

MAKE THE GANACHE

Put the chopped chocolate in a medium bowl. Bring the cream to a boil in a 2-quart saucepan over medium-high heat. Pour the hot cream directly over the chocolate and let it sit without stirring for 5 minutes. Using a whisk, stir in the center of the mixture in a small, tight circular motion until fully combined. Add the butter and stir until it is fully incorporated. Put a piece of plastic wrap directly onto the surface of the ganache and set aside at room temperature for at least 8 hours or overnight.

MAKE THE CAKE

Position a rack in the center of the oven and heat the oven to 350°F.

Butter two 8x2-inch round cake pans and line each with a parchment round. Butter the parchment, dust with flour, and tap out any excess.

In a stand mixer fitted with the paddle attachment, beat the butter, brown sugar, and vanilla on medium-high speed until lighter in color and slightly increased in volume, 3 to 5 minutes. Lower the speed to medium and add the eggs, one at a time, mixing until each is fully incorporated before adding the next.

Sift the flour, cocoa powder, baking soda, and baking powder onto a piece of parchment. Add the salt to the dry ingredients after sifting.

Using the parchment as a chute, add one-quarter of the dry ingredients to the batter and mix on low speed until incorporated.

Add about ½ cup of the buttermilk and mix on low speed until incorporated. Continue to alternate dry ingredients and buttermilk, mix-

ing until incorporated after each addition and stopping to scrape the bowl and beater as necessary. Using a whisk, fold the mayonnaise into the batter.

Divide the batter evenly between the prepared pans and bake until a toothpick inserted in the center of the cakes comes out clean and the sides of the cake have begun to pull away from the pan slightly, 40 to 45 minutes. Remove the pans from the oven and cool on a rack for 15 minutes. Invert the cakes onto the rack and remove the pans and parchment. Cool the cakes completely. (The cakes may be made 1 day ahead; wrap well and store at room temperature.)

ASSEMBLE THE CAKE

With a serrated knife, cut each cake in half horizontally. Put one of the base layers on a cake plate and tuck strips of waxed paper under the cake to keep the plate clean while icing the cake. Top the cake with about ½ cup of the ganache, spreading it evenly over the top. Add another cake layer, top with ganache, and repeat until the last layer is in place. Spread a thin layer of ganache over the top and sides of the cake and refrigerate for 15 minutes to seal in any crumbs. Spread the remaining ganache over the top and sides. Remove the waxed paper. The cake may be refrigerated, covered, for up to 2 days. Return to room temperature 2 hours before serving.

David Guas is the chef/owner of DamGood-Sweet, a pastry consulting company, and the author of a new cookbook by the same name.



devil's food cake verrine

Serves 12

FOR THE CAKE

- 4 oz. ($\frac{1}{2}$ cup) unsalted butter; more for the pan
- 3½ oz. (1 cup) cake flour
- 1 cup plus 2 Tbs. granulated sugar
- 2 oz. ($\frac{3}{4}$ cup) Dutch-processed cocoa powder
- 1 tsp. baking soda
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. table salt
- $\frac{1}{2}$ cup hot freshly brewed coffee
- $\frac{1}{2}$ cup buttermilk
- 1 large egg
- 1 large egg yolk

FOR THE MOUSSE

- 3 oz. bittersweet chocolate, coarsely chopped
- 3 oz. milk chocolate, coarsely chopped
- 2 large egg yolks
- $\frac{1}{2}$ Tbs. Lyle's Golden Syrup, honey, or light corn syrup
- 2 large egg whites
- $\frac{3}{4}$ cup heavy cream

FOR THE STREUSEL

- 6 oz. ($\frac{3}{4}$ cup) unsalted butter, softened
- $\frac{1}{2}$ cup granulated sugar
- 1 tsp. pure vanilla extract
- 5 oz. (1 cup plus 2 Tbs.) unbleached all-purpose flour
- 2½ oz. ($\frac{3}{4}$ cup) Dutch-processed cocoa powder
- 1½ oz. cocoa nibs (about $\frac{1}{3}$ cup)
- $\frac{3}{4}$ tsp. fine sea salt

FOR THE SAUCE

- 8 oz. bittersweet chocolate, finely chopped
- $\frac{3}{4}$ cup heavy cream
- 2 Tbs. Lyle's Golden Syrup or light corn syrup
- Pinch kosher salt

- 2 Tbs. Nocino or dark rum

MAKE THE CAKE

Position a rack in the center of the oven and heat the oven to 325°F. Butter an 8-inch square cake pan, line the bottom with parchment, and butter the parchment.

Sift the cake flour, sugar, cocoa powder, baking soda, baking powder, and salt onto a piece of parchment. In a small saucepan, combine the butter and the coffee over medium heat to melt the butter. Transfer to a medium bowl. Whisk in the buttermilk, egg, and yolk and then the flour mixture until incorporated.

Pour the batter into the prepared cake pan and bake until a toothpick inserted in the center comes out clean, about 50 minutes. Cool

on a rack for 15 minutes. Invert onto the rack, remove the parchment, and cool completely. (The cake can be made 1 day ahead.)

MAKE THE MOUSSE

Melt the bittersweet and milk chocolates in a medium heatproof bowl over a pan of barely simmering water. Set aside.

In another medium bowl, whisk the yolks and the syrup over the water bath just until warm. Remove from the heat and whisk briefly to cool.

With an electric hand mixer on medium speed, whip the egg whites in a medium bowl until stiff peaks form, 1 to 2 minutes.

With the mixer on medium-high speed, whip the cream in another medium bowl until soft peaks form.

Whisk the yolk mixture into the melted chocolate. Whisk in a spoonful of the whipped cream. With a rubber spatula fold in the remaining whipped cream and then the egg whites. Refrigerate. (The mousse can be made up to 4 hours ahead.)

MAKE THE STREUSEL

In a stand mixer fitted with the paddle attachment, beat the butter and sugar on medium-high speed until light and fluffy, 3 to 4 minutes. Reduce the speed to low and add the vanilla.

In a medium bowl, stir the flour and cocoa powder. With the mixer running on low speed, add the flour mixture in three increments, including the cocoa nibs and salt with the final addition. Mix until the dough comes together. (The dough can be refrigerated for a week or frozen for up to 2 months.)

Line a rimmed baking sheet with parchment and press the dough into the pan in a $\frac{1}{4}$ -inch-thick layer.

Bake at 325°F for 8 minutes and then rake with a fork to break into medium clumps. Bake for 7 minutes more and rake again to create small pieces. The streusel will look sandy and will crisp as it cools. (The streusel can be made 1 day ahead.)

MAKE THE SAUCE

Put the chocolate in a medium bowl. Put the cream, syrup, salt, and $\frac{1}{4}$ cup water in a small saucepan and bring to a boil over medium-high heat. Remove from the heat, pour over the chocolate, and stir to melt.

ASSEMBLE

Divide the warm chocolate sauce among twelve 8-oz. glasses. Cut the cake into 1-inch cubes and put 4 in each glass. Drizzle $\frac{1}{2}$ tsp. of

the Nocino on the cake cubes. Scoop a spoonful or a quenelle (see Test Kitchen, p. 81) of mousse into each glass. Sprinkle about 2 Tbs. of streusel on top of the mousse, and serve.

Elizabeth Falkner is the executive chef and owner of Citizen Cake and Orson, both in San Francisco, and the author of Demolition Desserts. □



AUSTRALIAN LAMB

Easy. Any Day.



australian lamb marsala
with braised winter squash



FAMILY FAVORITE



4 SERVINGS

Sure, Australian Lamb is great for the holidays. It's also perfect for quick-and-easy everyday meals. Lean and rich in nutrients, with a mild taste and delicious flavor, it's a smart choice everyone at your dining table will love — which makes any day a great day to enjoy Australian Lamb!

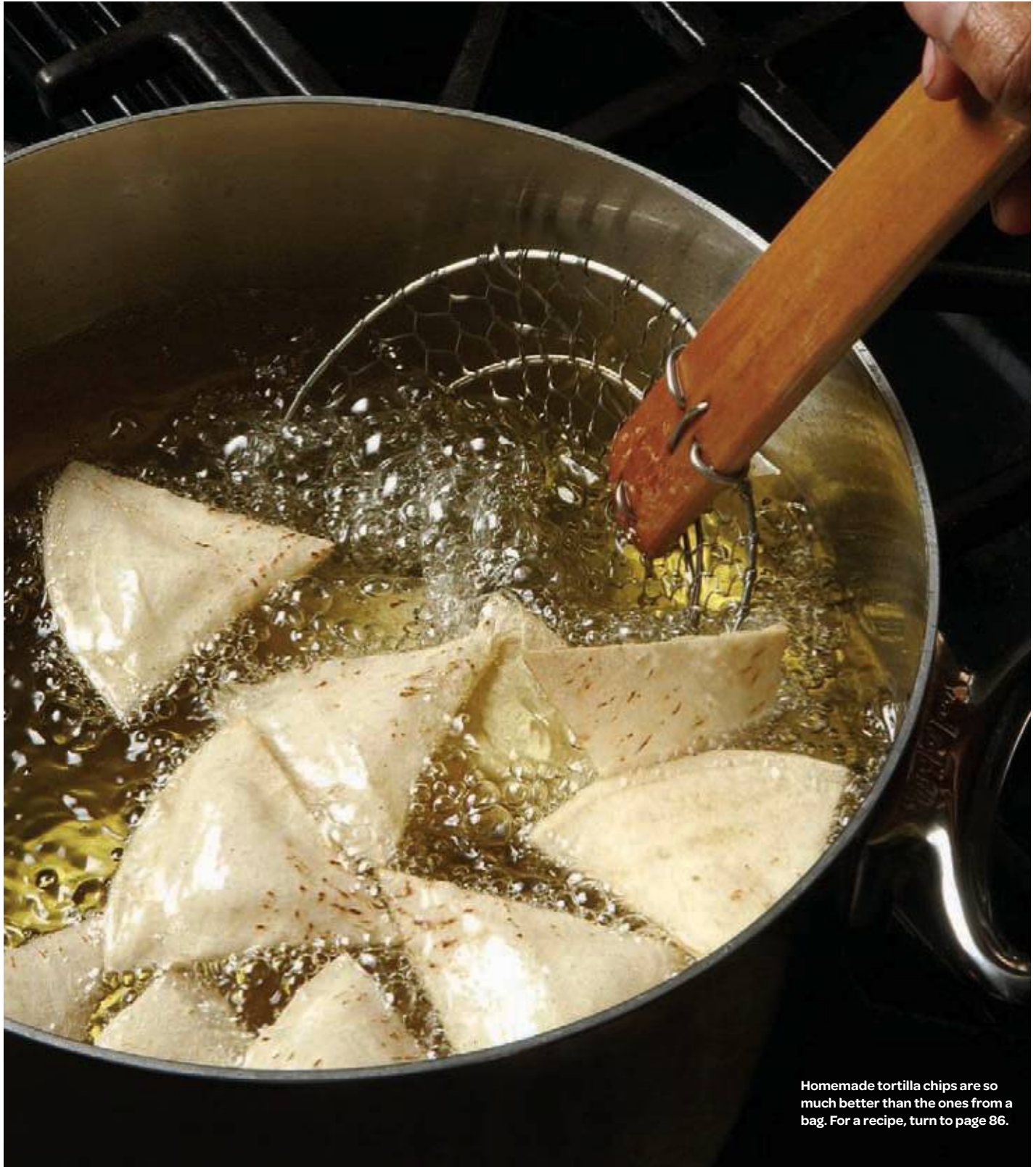


Visit www.australian-lamb.com/fc for this recipe and to order a **FREE** copy of our new cookbook, **Easy. Any Day.** featuring 28 pages of seasonal recipes your whole family will love!



TEST KITCHEN

Tips/Techniques/Equipment/Ingredients/Glossary



Homemade tortilla chips are so much better than the ones from a bag. For a recipe, turn to page 86.



INGREDIENT

Duck confit

To make an authentic cassoulet (page 56), you need to make your own duck confit. The recipe on page 58 will leave you with four extra legs. The tender leg meat lends itself to countless preparations (though it's perfect just shredded and served on a piece of toast with a sprinkle of salt). Here are a few other ideas:

Macaroni and Cheese with Duck Confit Make the Macaroni and Cheese on page 8 using shredded duck confit in place of the pulled pork.

Duck Confit Hash Cook a chopped onion in some olive oil and butter. Add diced potatoes, parsnips, and carrots and cook until browned and tender. Add shredded duck confit and cook until heated through. Serve topped with a poached egg.

Quick Duck Ragout Cook some chopped carrots, onions, celery, and garlic in a little olive oil until softened. Add some canned crushed tomatoes, cover, and simmer until thickened. Stir in shredded duck confit and serve over pasta.

Duck Confit Salad Toss fresh mâche, halved red seedless grapes, and some shredded duck confit. Drizzle with a balsamic vinaigrette and top with chopped candied walnuts.

Duck Tacos Toss shredded duck confit with chopped green cabbage and a curry-lime vinaigrette. Serve in warmed small flour tortillas and garnish with chopped fresh cilantro.

—*Melissa Pellegrino and Samantha Seneviratne*

GLOSSARY

To dock

The term “dock” means to perforate pastry dough with a fork or a docking tool prior to baking. The perforations allow trapped steam to escape, which prevents the pastry from puffing during baking. This is especially helpful when making tarts with borders, like the Olive Tapenade Tart with Caramelized Onions on page 21. —S.S.

EQUIPMENT

Mini rolling pin

While you certainly can use a standard rolling pin to make the dumpling wrappers on page 72, preparing dozens of them is much easier if you use the traditional mini rolling pin made for the job. This tool allows you more control when working with small pieces of dough, and it's easier to roll with one hand, freeing your other hand to turn the dough. (To buy one, see page 93.) If you don't have a mini rolling pin, there are a couple of other tools that will work:

- A muddler, usually used for crushing fruits and herbs for cocktails, is the perfect size for making dumpling wrappers. Look for one that's not tapered and no shorter than 5 inches.
- At just a few bucks, a simple wooden dowel from a hardware store works well. Choose one that's about 1 inch in diameter and have it cut 9 to 11 inches long. Rub it with mineral oil and let it dry before using.

—S.S.





INGREDIENT

Bay leaves: fresh and dried

Fresh bay leaves, which come from the laurel tree, were once woven into garlands and worn by Roman and Greek Emperors, poets, heroes, Olympians, and scholars. Today they're most often used in bouquets garnis, stocks, and braises, like the short ribs on page 36. Fresh bay leaves (above) are shiny and dark green on the top, and pale green underneath. They're very aromatic, with a slight bitter flavor. As they dry, their color becomes a matte olive green and their flavor intensifies. While dried bay leaves (below) are more widely available, if you can find fresh ones, use them; they're often in the herb section of grocery stores.

—M.P



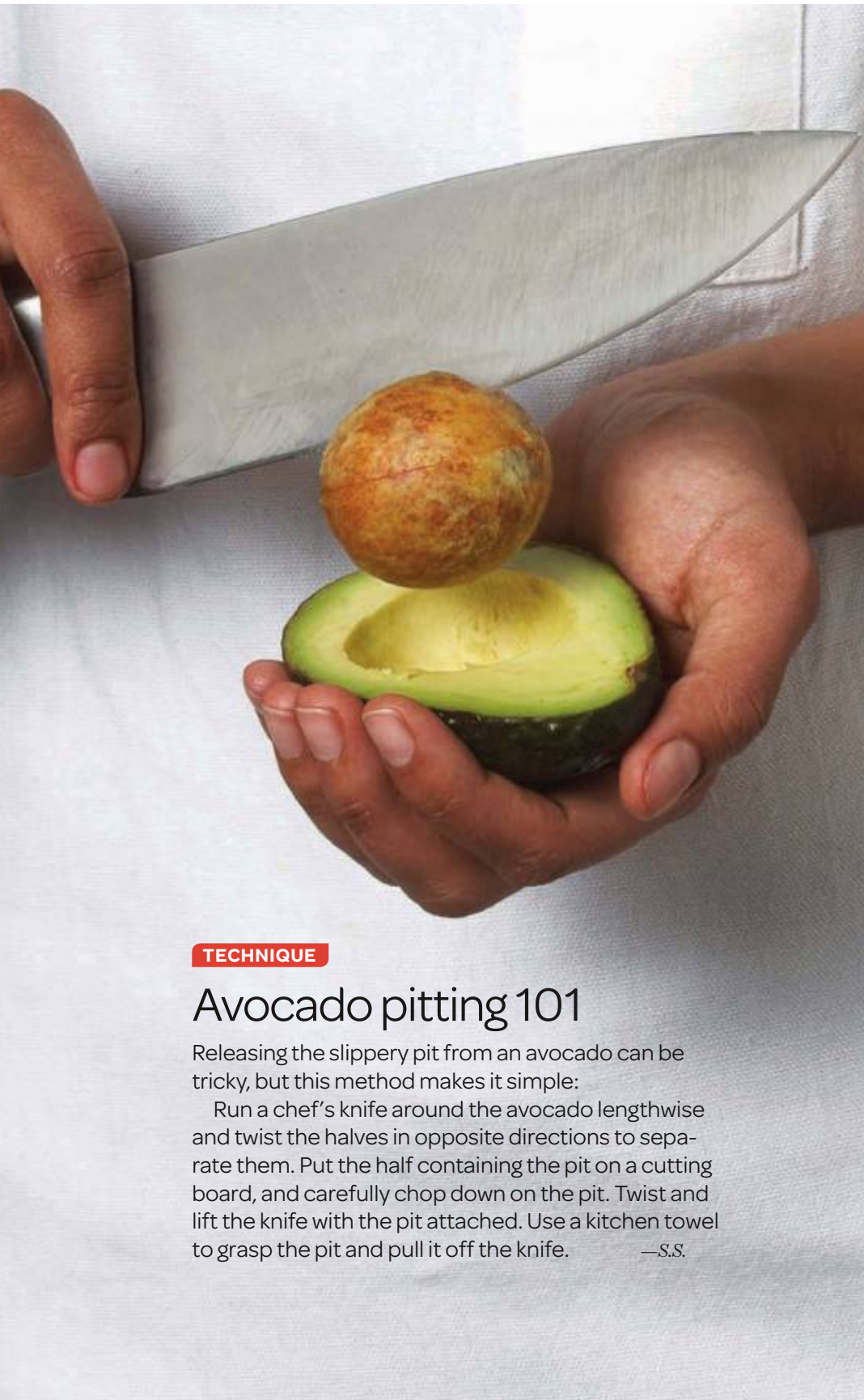
TIP

Quicker beans

Soaking beans overnight for the cassoulet on page 58 gives them a creamier texture and shortens their cooking time. But if you're in a hurry, there's a faster way:

Pick the beans over and then cook them in boiling water for 3 minutes. Remove from the heat, cover, and allow to sit for 1 hour. Drain and cook as instructed. The beans won't be quite as creamy as those soaked overnight, but the method will work in a pinch. —S.S.





TECHNIQUE

Avocado pitting 101

Releasing the slippery pit from an avocado can be tricky, but this method makes it simple:

Run a chef's knife around the avocado lengthwise and twist the halves in opposite directions to separate them. Put the half containing the pit on a cutting board, and carefully chop down on the pit. Twist and lift the knife with the pit attached. Use a kitchen towel to grasp the pit and pull it off the knife. —S.S.

INGREDIENT

Pomegranate molasses

So you've bought pomegranate molasses—a wonderful, thick, syrupy reduction of pomegranate juice—to make the Chicken Paillards with Avocado and Pomegranate Salsa on page 51. Now what to do with the rest of the bottle? Don't let it get dusty in the pantry; we've got some great ways to help you use it up. (For a mail-order source, see page 93.)

Roasted Cornish hens with pomegranate molasses glaze

Mix some pomegranate molasses with chopped fresh thyme. Season the hens generously with salt and pepper, and brush them with the pomegranate mixture. Roast in a hot oven, brushing with the pomegranate mixture every 5 minutes, until the skin is browned and the hens are cooked through, 25 to 30 minutes.

Pomegranate molasses vinaigrette over endive

Mix some pomegranate molasses, minced shallot, and Dijon mustard, and then gradually whisk in enough extra-virgin olive oil to make a dressing. Toss with sliced endive, fresh flat-leaf parsley, and pomegranate seeds, and season with salt and a few generous grinds of pepper.

Vanilla ice cream with pomegranate molasses sauce

Heat pomegranate molasses with a scraped vanilla bean and let simmer briefly to infuse the flavors. Let cool completely and then discard the vanilla bean. Drizzle over vanilla ice cream and garnish with sprigs of fresh mint.

Roasted cauliflower with pomegranate molasses and rosemary

Cut a head of cauliflower into florets and toss with olive oil, salt, and pepper. Roast in the oven until tender. Toss the cauliflower with a little chopped rosemary and enough pomegranate molasses to coat evenly. Continue to roast until the cauliflower begins to caramelize.

—M.P. and S.S.



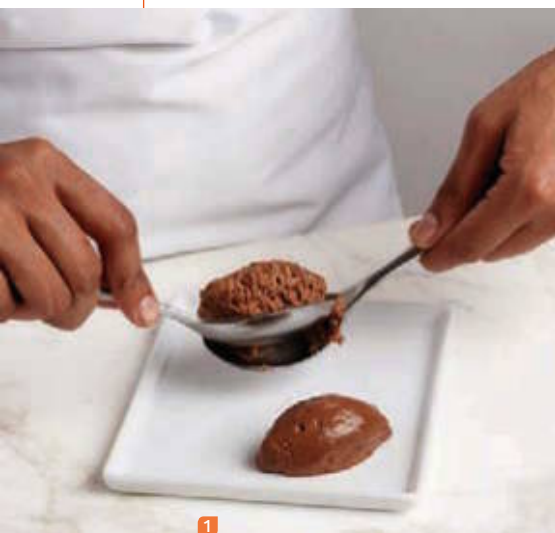
TECHNIQUE

Making quenelles

Traditionally, the word “quenelle” refers to a small, oval-shaped dumpling of poached fish or meat, but today, chefs form everything from ice cream to mashed potatoes into this distinctive dumpling shape. In the Devil’s Food Cake Verrines

on page 79, quenelles made of chocolate mousse add an extra touch of elegance to the dessert.

To create a quenelle, you’ll need two spoons of the same size. The size of the spoon will determine the size of your quenelle.



1 With a spoon in each hand, scoop a generous amount of mousse into one spoon. Gently press the bowl of the second spoon against the mousse, scooping the contents from the first spoon into the second.



2 Transfer the mousse back to the first spoon in the same manner. This begins to create a smooth, rounded surface where the mousse molded to the spoon.



3 Keep scooping back and forth until you have a nice, smooth oval shape. —M.P.

INGREDIENT

Young ginger

Young ginger is harvested early and has thin, pale-yellow skin and pink buds. It is juicier, less fibrous, and less piquant than mature ginger. When you break or cut into young ginger, the flesh should glisten with moisture. Look for it in Asian markets, and use it in the Pickled Ginger recipe on page 18.





INGREDIENT

Black vinegar & red vinegar

THE GINGER VINEGAR SAUCE on page 74 calls for one of these two traditional Chinese vinegars. They're both made from rice, are often used for sauces that accompany dumplings, and are widely available in Asian markets. Here's how they differ.

Sometimes compared to Italian balsamic vinegar, black vinegar has a deep, dark color, complex flavor, and a rich, almost smoky taste. The better black vinegars, which come from the province of Chinkiang, are well aged and are often used in braises and noodle dishes.

Red vinegar is light in hue and has a delicate, mildly acidic taste with a subtle hint of sweetness. It pairs well with seafood and sweet-and-sour dishes.

—M.P.



RECIPE

Make your own chips

According to Deborah Madison, cookbook author and founding chef of San Francisco's Greens restaurant, nothing beats warm, salty, homemade tortilla chips to serve with her guacamole recipe on page 46. And frying up a batch couldn't be easier.



homemade tortilla chips

While the oil is hot, you might want to make a double batch.

Yields 60 chips

2 to 3 quarts peanut or canola oil

1 10-pack 6-inch corn tortillas, each cut into six wedges

Kosher salt

Pour the oil into a 6-quart pot to a depth of at least 2 inches and set over medium-high heat. When the oil is shimmering hot but not smoking, drop in a piece of tortilla. If the oil is hot enough, the tortilla will float to the surface and brown in about 1 minute. If it's not hot enough, it will sink.

Fry as many chips as you can at a time without overcrowding the pot (it may be just a handful), turning halfway through, until they're lightly colored, about 1 minute. With a slotted spoon, transfer the chips to a large paper-towel-lined plate. Repeat.

Put the warm chips in a clean paper bag, add ¼ tsp. salt, close the bag, and gently shake to season them. Season with more salt to taste.

INGREDIENT

Shaoxing wine

Made from fermented rice, Shaoxing wine is an essential ingredient in Chinese cuisine. It's used in both the Pork and Shrimp Dumplings on page 75 and the Broccoli and Shiitake Stir-Fry with Black Bean Garlic Sauce + Skirt Steak on page 69. It tastes much like dry sherry, which can be used as a substitute. You can find Shaoxing in Asian markets; try to buy a brand that doesn't contain added salt.

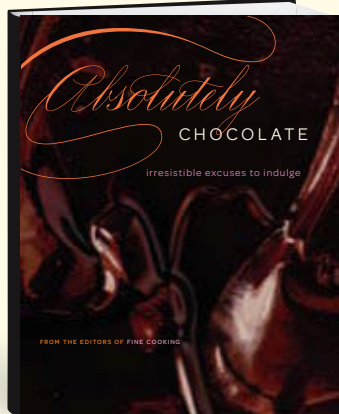
In addition to the recipes in this issue, here are more ways to use your bottle of Shaoxing:

- Mix with dark brown sugar, soy sauce, and grated ginger to make a glaze for grilled pork or chicken.
- Stir-fry sliced beef with yellow and red bell peppers, then add a sauce made with Shaoxing, oyster sauce, a pinch of sugar, soy sauce, and some sesame oil.
- Make "drunken chicken," a Chinese classic: Poach a whole chicken in water with ginger and scallion, then chop it into eight pieces, marinate it overnight in Shaoxing, and serve cold.

—M.P.

Rich, mouth-watering
and oh-so delicious.

The editors of *Fine Cooking* give you 125
ways to satisfy your passion for chocolate.



Product #071278
\$29.95 U.S., \$37.00 Can. plus S/H

Call toll free 800-888-8286
or visit www.taunton.com/absolutely



The Taunton Press

She Turned Her Passion For Cooking Into A Rewarding Career!



Cathy Marella-Luce
Certified Personal Chef
Decatur, GA

Cathy was a highly talented technology consultant with a nice income. But her job kept her away from home far too often. Life with a packed suitcase and on call 24/7 wasn't what Cathy wanted from a career. Cooking was her passion and pleasure. She enlisted the Culinary Business Academy for professional business guidance to help develop her own Personal Chef Service. Magical Meals was launched and Cathy has been her own boss ever since.

Thousands of people like Cathy have been able to blend their cooking talents and their desire for independence with straight forward "how-to" training from the Culinary Business Academy.

Full time or part time - when you're ready to put your cooking passion to work for you, the Culinary Business Academy can show you how. We've taught thousands - we can teach you too! Enjoy success one meal at a time.

Culinary Business Academy
Teaching people just like you
how to become successful
Personal Chefs since 1991



Free Informational Pack 800-747-2433

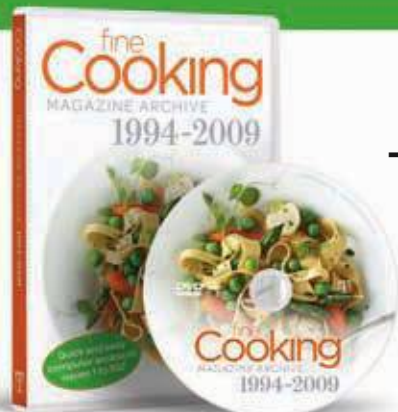
www.culinarybusiness.com

Looking for a
Personal Chef?

hireachef.com

Get 102 issues on one handy disc!
Save hundreds on back issues

**HUGE
savings**



Product #051037

**Over 3,000 tested recipes
at your fingertips**
— a dream come true for food lovers!

This *Fine Cooking* archive collection DVD-ROM gives you quick and easy access to our first 102 issues, including hard-to-find issues now out of print. Find just what you need in a few clicks.

Order today. Only \$149.95

Call 800-888-8286 mention offer: MH80033
or visit FineCooking.com/archive

User friendly

- Click through page by page
- View thumbnails to spot covers
- Compatible with PC or MAC

So much to love!

- Over 15 years of *Fine Cooking*
- Pages viewed exactly as printed
- Crisp, clear on-screen images

PAST PURCHASERS: UPGRADE NOW If you purchased last year's version of the archive and would like to purchase an update, please call customer service toll free at: 866-242-4297, M-F, 9:00-5:00 EST.

Plus shipping and handling. Payable in U.S. funds.



The Taunton Press
Inspiration for hands-on living®



CHEF PAUL PRUDHOMME'S®

MAGIC
Seasoning Blends®

FREE CATALOG
1.800.457.2857

Featuring:



- Magic Salt Free Seasoning®
- Magic Sauce & Marinades®
- Fajita Magic®
- Autographed Cookbooks

www.chefpaul.com



Fine Japanese Chef's Knives direct from Japan

**ONLINE SHOP FOR FINE JAPANESE
BRANDS AT GREAT SAVING PRICES**

HATTORI, MISONO, MIZUNO, MASAMOTO
HIRO, ITOU, JCK, HIROMOTO & MORE

www.JapaneseChefsKnife.com



MAKE IT TONIGHT

Just 30 minutes to dinner, start to finish

smoky rib-eye steaks with loaded mashed potatoes

All the ingredients in a loaded baked potato—bacon, scallions, cheese, and sour cream—are added to mashed potatoes in this hearty meal.

Serves 4

- 2 lb. Yukon Gold potatoes, scrubbed and cut into 1-inch chunks
- 4 slices thick-cut bacon
- 2 boneless beef rib-eye steaks (about 2 lb. total)
- 1½ tsp. sweet smoked paprika
- Kosher salt and freshly ground black pepper
- ½ cup whole milk
- 2 Tbs. unsalted butter
- 3 oz. grated sharp Cheddar (¾ cup)
- ½ cup sour cream
- 2 medium scallions, thinly sliced

Arrange a steamer basket in a large pot with 1 inch of water in the bottom. Spread the potatoes in the basket in an even layer, cover, and bring to a boil. Reduce the heat to medium low and steam until the potatoes are tender, about 15 minutes.

Meanwhile, cook the bacon in a large cast-iron skillet over medium heat, turning once, until crisp, 7 to 8 minutes total. Transfer the bacon to a paper-towel-lined plate; discard all but 1 Tbs. of the fat from the skillet.

Season the steaks all over with the paprika, 1½ tsp. salt, and ½ tsp. pepper. Heat the skillet with the reserved bacon fat over medium-high heat. Arrange the steaks in the skillet in a single layer. Cook, flipping once, until deep golden-brown outside and medium rare inside, 10 to 12 minutes total. Transfer the steaks to a cutting board and let rest for 5 minutes.

Meanwhile, transfer the hot potatoes to a large bowl. Stir in the milk and butter and mash with a potato masher until

just combined. Stir in the cheese, sour cream, scallions, and salt and pepper to taste.

Slice the steaks across the grain and transfer to dinner plates. Serve the potatoes on the side with the bacon crumbled on top. —Liz Pearson



marmalade soufflés

Astonishingly easy to make, these elegant soufflés are ready to impress in no time.

Serves 6

Unsalted butter for the ramekins

3 Tbs. granulated sugar; more for the ramekins

$\frac{3}{4}$ cup orange marmalade

1 Tbs. fresh lemon juice

1 Tbs. orange liqueur, such as Cointreau

Pinch of kosher salt

2 large egg whites, at room temperature

Pinch of cream of tartar

Position a rack in the lower third of the oven and move (or remove) the other rack so there is at least 6 inches of space above the first rack. Heat the oven to 425°F. Generously butter six 6-oz. ramekins and coat the buttered surfaces lightly but thoroughly with sugar.

In a large bowl, whisk the marmalade, lemon juice, orange liqueur, and salt.

In a large, deep bowl, beat the egg whites with an electric mixer on medium speed until foamy, 30 seconds. Add the cream of tartar, increase the speed to medium high, and beat until the egg whites form soft peaks, about 1 minute. Gradually add the sugar, about 1 Tbs. at a time, and continue to beat just until the whites form stiff peaks, 1 to 2 minutes.

With a rubber spatula, fold a third of the egg whites into the marmalade mixture. When incorporated, fold in another third, and then the remaining third. Fill the ramekins halfway with the soufflé mixture and transfer to a baking sheet. Bake until puffed and dark brown on top, 12 to 15 minutes. Serve immediately.

—Lori Longbotham



orange and soy glazed chicken thighs

There's no better accompaniment to this dish than steamed white rice. Leftover sauce keeps in the refrigerator for up to 3 weeks and is also great on steak or salmon.

Serves 4

Vegetable oil for the broiler pan

8 bone-in, skin-on chicken thighs, trimmed

Kosher salt and freshly ground black pepper

16 small to medium shiitake mushrooms, stemmed

3 medium scallions (green parts only), cut into 3-inch lengths

$\frac{1}{2}$ cup soy sauce

$\frac{1}{3}$ cup granulated sugar

2 Tbs. mirin

$\frac{1}{2}$ tsp. finely grated orange zest

2 Tbs. fresh orange juice

1 $\frac{1}{4}$ tsp. cornstarch

2 tsp. toasted sesame seeds

Position a rack about 7 inches from the broiler and heat the oven to 450°F. Line the bottom of a broiler pan with foil and lightly oil the top of the pan.

Season the chicken all over with 1 tsp. salt and $\frac{1}{2}$ tsp. pepper. Arrange the shiitake in 8 pairs, gill sides up, on the prepared broiler pan and season with salt and pepper. Arrange 2 or 3 scallion pieces on top of each mushroom pair, then put a chicken thigh, skin side up, on top. Press with your hand to flatten. Roast until the edges of the chicken begin to brown and an instant-read thermometer inserted in a thick part of the biggest thigh registers 165°F, about 20 minutes. Turn the broiler to high and broil until the skin is crisp and deeply browned, 5 to 6 minutes, rotating the pan once for even browning.

While the chicken is cooking, combine the soy sauce, sugar, mirin, and orange zest in a small saucepan. Bring to a simmer over medium heat, stirring to dissolve the sugar.

In a small bowl, stir the orange juice and cornstarch; add this mixture to the saucepan. Return to a simmer and cook, stirring constantly, until thickened and glossy, about 1 minute.

To serve, transfer the chicken, scallions, and mushrooms to dinner plates, drizzle with the sauce, and sprinkle with the sesame seeds.

—Dawn Yanagihara

quick skillet mac and cheese

Who says you can't have indulgent comfort food on a weeknight? Be sure to use a broiler-safe skillet, such as a cast-iron one.

Serves 4

Kosher salt

12 oz. dried spiral pasta, such as cavatappi, rotini, or double elbows

3 Tbs. unsalted butter

3 Tbs. all-purpose flour

2 cups low-fat (2%) milk

4 oz. grated Emmentaler (1½ cups)

4 oz. grated Gruyère (1½ cups)

1 Tbs. Dijon mustard

1 Tbs. Worcestershire sauce

½ tsp. dried thyme

Freshly ground black pepper

3 oz. finely grated Parmigiano-Reggiano (3 cups)

Position a rack about 4 inches from the broiler and heat the broiler on high.

Bring a large pot of well-salted water to a boil over high heat. Add the pasta and cook

according to package directions until just tender. Drain well and set aside.

Meanwhile, melt the butter in a 12-inch ovenproof skillet (preferably cast iron) over medium heat. Whisk in the flour and continue whisking until well combined, about 15 seconds. Whisk in the milk and continue to cook, whisking constantly, until the mixture thickens, 1 to 2 minutes.

Add the Emmentaler, Gruyère, mustard, Worcestershire sauce, and thyme and whisk until the cheese is melted and the mixture is smooth, 2 minutes. Stir in the pasta to coat with the sauce. Off the heat, season to taste with salt and pepper. Sprinkle the Parmigiano-Reggiano evenly over the pasta.

Broil until the top is browned, 3 to 4 minutes, and serve.

—Bruce Weinstein and Mark Scarbrough



stir-fried brussels sprouts with red pepper

Look for fresh, tight Brussels sprouts with no discolored leaves or yellowed parts. If possible, buy them on the stalk and cut them off yourself, or buy them from bulk bins so you can pick through and get the freshest ones possible.

Serves 4

1 lb. small Brussels sprouts (3 cups)

2 Tbs. peanut oil

6 medium scallions, thinly sliced

1 Tbs. minced fresh ginger

1 medium clove garlic, minced

¼ to ½ tsp. crushed red pepper flakes

1 medium red bell pepper, cored, seeded, and chopped

2 Tbs. lower-sodium soy sauce

2 Tbs. rice vinegar

Kosher salt

Trim any tough exterior leaves from the Brussels sprouts and halve each lengthwise. Slice each half lengthwise into thirds. Set aside.

Heat the oil in a large wok or 10-inch straight-sided skillet over medium-high heat. Add the scallions, ginger, garlic, and red pepper flakes and cook, stirring constantly, until fragrant, about 30 seconds. Add the Brussels sprouts and cook, stirring constantly, until they are bright green, about 4 minutes. Add the bell pepper, soy sauce, and vinegar. Cover the wok or skillet, reduce the heat to low, and simmer until the Brussels sprouts are crisp-tender, 6 to 8 minutes.

Uncover the wok or skillet, raise the heat to high, and bring the sauce to a full boil, stirring constantly, until reduced to a glaze, about 1 minute. Season to taste with salt and serve.

—Bruce Weinstein and Mark Scarbrough

Food styling by Samantha Seneviratne, except po' boys, Michelli Krauer, and rib eyes, Safaya Tork



slow-cooker osso buco

There are two tricks to this recipe: browning the veal shanks before they go into the slow cooker and reducing the sauce before serving. The result is an osso buco you'd be hard-pressed to distinguish from the labor-intensive classic (trust us).

Serves 4

- $\frac{1}{2}$ cup all-purpose flour
- 4 1½- to 2-inch-thick veal shanks (about 2½ lb.)
Kosher salt and freshly ground black pepper
- 2 Tbs. unsalted butter
- 1 cup dry white wine
- 1 14½-oz. can diced tomatoes
- $\frac{3}{4}$ cup lower-salt chicken broth
- 1 small red onion, chopped (1½ cups)
- 1 medium carrot, peeled and cut into ¼-inch-thick rounds (½ cup)
- 1 stalk celery, chopped (½ cup)
- 5 sprigs fresh thyme
- 3 Tbs. finely chopped fresh flat-leaf parsley
- 1 Tbs. finely grated lemon zest
- 1 large clove garlic, minced (1 tsp.)

Put the flour in a wide, shallow dish. Season the veal shanks all over with salt and pepper and dredge in the flour; shake off the excess flour.

Heat a 12-inch skillet over medium heat. Add the butter, and when it foams, add the shanks to the skillet. Cook until golden, turning once, about 10 minutes. Transfer the shanks to a slow cooker.

Add the wine to the skillet. Scrape up any browned bits from the bottom of the skillet and pour the contents of the skillet into the slow cooker. Add the tomatoes and their juices, chicken broth, onion, carrot, celery, and thyme. Cover and cook on low heat for 6 to 8 hours—the meat will be very tender and almost falling off the bone.

Transfer the shanks to a platter and cover with foil to keep warm. Pour the sauce from the slow cooker into a large skillet. Simmer over medium heat until reduced to about 2 cups, 10 to 15 minutes. Season to taste with salt and pepper.

Meanwhile, in a small bowl, combine the parsley, lemon zest, and garlic to make a gremolata. Serve the veal shanks topped with the sauce and the gremolata.

—Allison Fishman

crispy catfish po' boys

Topped with creamy coleslaw and pickles, this rendition of the classic New Orleans sandwich makes a satisfying dinner.

Serves 4

- 3 cups coleslaw mix
- $\frac{1}{4}$ cup mayonnaise
- 1 Tbs. cider vinegar
- 2 tsp. granulated sugar
- 1 tsp. celery seed
- 2 large eggs
- $\frac{3}{4}$ cup yellow cornmeal
- Kosher salt and freshly ground black pepper
- 4 4- to 5-oz. catfish fillets
- 4 long soft-crust Italian rolls, split
- 1¾ cups canola oil
- 8 sandwich-style dill pickle slices

Position a rack 6 inches from the broiler and heat the broiler on high.

Combine the coleslaw mix, mayonnaise, vinegar, sugar, and celery seed in a medium bowl; set aside.

Beat the eggs in a wide shallow bowl until well mixed. In another wide shallow bowl, combine the cornmeal, $\frac{3}{4}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Season the fish all over with $\frac{1}{2}$ tsp. salt and $\frac{1}{4}$ tsp. pepper. Dip a fillet in the egg to coat, shake off the excess, and then dredge it in the cornmeal mixture, again shaking off the excess. Repeat with remaining fillets.

Arrange the rolls cut sides up on a baking sheet and toast until golden brown, 30 seconds. Remove from the oven and turn off the broiler.

Heat the oil in a 10-inch skillet over medium heat. Working in batches if necessary, cook the fillets, turning once, until the coating is golden and crisp and the fish is cooked through, 4 to 5 minutes per side. Transfer the fillets to a clean baking sheet lined with paper towels and keep warm in the oven.

To assemble, arrange 2 pickle slices on the bottom half of each roll. Top each with a fillet, a quarter of the coleslaw, and the other half of the roll. Cut the po' boys in half, and serve.

—David Bonom



For direct links to all these advertiser websites in one place, go to www.finecooking.com/shopping

Appliances

Chef's Choice *p. 27* Woo 'em with waffles! Prepare the world's most delicious waffles in 90 seconds! The Chef's Choice® unique Quad® baking system lets you choose the ideal flavor, texture, and color.
800-342-3255
www.chefschoice.com

Earthstone Wood-Fire Ovens *p. 95* Wood-fired brick ovens for indoor and outdoor use. Can double as a fireplace. Great for baking, grilling, and roasting.
800-840-4915
www.earthstoneovens.com

Cookware

Kuhn-Rikon Corporation *p. 27* Kuhn Rikon offers the finest in pressure cookers, specialty cookware, and distinctive kitchen tools to make a cook's life easier.
800-924-4699
www.kuhnrikon.com/fine

Cutlery

Japanese Chefs Knife *p. 87* Your online source for Japanese chef's knives for home cooking and the professional chef. Finest selections from the top brands: Masahiro, Misono, Fujiwara Kanefusa, Glestain.
www.japanesechefsknife.com

Gourmet Foods

Amore Pastes *p. 99*
www.amorebrand.com

Baci Perugina *p. 5* Perugina: Maker of fine chocolate bars, pralines, hard candy, panettone, and Baci – Italy's iconic dark chocolate and hazelnut sweet.
www.bacikisses.com

Millie's Pierogi *p. 95* Handmade pierogi, made fresh and shipped fresh to your door! Cabbage, potato-cheese, cheese, prune, or blueberry fillings.
www.milliespierogi.com

Nature's Pride *p. 100*
www.interstatebakeriescorp.com

Riviana Foods *p. 27*
www.mahatmarice.com
www.carolinarice.com

Wisconsin Milk Marketing Board *p. 14* Wisconsin cheesemaking has long been renowned for its unparalleled innovation and artistry. Discover many award-winning specialty and artisan cheeses, recipes and pairing ideas at EatWisconsinCheese.com
www.eatwisconsincheese.com

Ingredients

Australian Lamb *p. 80* Australian Lamb makes a delicious holiday highlight or an easy everyday meal. For a variety of lamb recipes, contests and a free cookbook, visit australian-lamb.com/fc
www.australian-lamb.com/fc

Bob's Red Mill *p. 9* Bob's Red Mill Natural Foods, Inc. is the nation's leading miller of stone ground whole grains. To learn more about our wholesome, delicious products visit www.bobsredmill.com/fc
www.bobsredmill.com/fc

Bulk Foods *p. 95* Offering a wide selection of spices, nuts, dried fruits, and other ingredients.
www.bulkfoods.com

Magic Seasonings *p. 87* Chef Paul Prudhomme's all-natural magic seasoning blends, sauces and marinades, pepper sauce, smoked meats, cookbooks, gift packs, sweet potato pecan pie, and much more!
800-457-2857
www.chefpaul.com

Monari Federzoni *p. 2*
www.monarifederzoni.com

Kitchen Tools & Utensils

Bella Copper *p. 95* The world's leading heat diffuser/defroster plate provides superior heat conduction for more even cooking and faster defrosting. Available in solid copper or pure silver. A gourmet kitchen essential.
805-215-3241
www.bellacopper.com

Gel Pro *p. 9* Stand in comfort! Let's Gel was started with one simple goal, to make the time you spend standing in your kitchen more comfortable.
866-GEL-MATS
www.gelpro.com

Vic Firth Gourmet *p. 11* All Vic Firth Gourmet wood pepper mills and salt mills are handcrafted in Newport, Maine from solid cherry or maple and have a Lifetime Guarantee.
www.vicfirthgourmet.com

Schools, Travel & Organizations

Culinary Business Academy *p. 87* Extensive and comprehensive personal chef business knowledge and training from the world's recognized leader in the personal chef industry. Nobody offers what we offer.
800-747-2433
www.culinarybusiness.com

Le Cordon Bleu *p. 11* Master the culinary arts. Earn the Grand Diplôme in approximately nine months. Three- to five-week intensive courses and online hospitality programs are also available.
800-457-2433
www.cordonbleu.edu

Zingerman's Bakehouse *p. 9* Long known for their full flavored, traditionally-made breads, and pastries, Zingerman's Bakehouse now offers BAKE!; a hands-on teaching bakery in Ann Arbor.
www.bakewithzing.com

Wine & Beverages

Twinings Tea *p. 7*
www.twinings.com

For direct links to all these advertiser websites in one place, please go to

finecooking.com/shopping



WHERE TO BUY IT



valentine's breakfast, page 52

- **7-oz. Revol gratin dish**, \$16.95, surlatable.com, 800-243-0852.

From burdickchocolate.com, 800-229-2419:

- **Small wooden box of assorted chocolates**, \$20.
- **Chocolate mice**, from \$32 for a box of 9.

From potterybarn.com, 888-779-5176:

- **Tava tray in honey**, \$49.
- **Stemless Champagne flutes**, \$40 for a set of 6.

repertoire, page 24

- **Microplane hand-held adjustable slicer with food holder**, \$39.95, microplane.com, 866-968-6665, ext. 4999.
- **Small rectangular baking dish** (11x8 inches), color sand, \$35, emilehenryusa.com, 302-326-4800.

From cooking.com, 800-665-8810:

- **Oxo Good Grips swivel peeler**, \$7.95.
- **3-quart Pyrex rectangular glass baker** (13x9 inches), \$12.99.
- **Cuisipro stainless-steel strainer**, \$11.95.
- **Norpro solid spatula** (8x3 inches), \$12.95.
- **All-Clad stainless-steel 3-quart saucepan**, \$159.95.

From metrokitchen.com, 888-892-9911:

- **Henckels Four Star 8-inch chef's knife**, \$94.95.
- **Henckels Four Star 4-inch paring knife**, \$54.95.

From bedbathandbeyond.com, 888-462-3966:

- **Stainless-steel 12-inch whisk**, \$6.99.
- **Pyrex 1-quart measuring cup**, \$5.99.

devil's food cake, page 76

- **Venetian-style compote glasses and plates**, \$89 for 6, napastyle.com, 866-776-6272.
- **Russo Nocino walnut liqueur**, \$29.99 for a 750-ml bottle, midvalleywine.com, 845-562-1070.
- **Cocoa nibs**, 8 oz. for \$7.50, kingarthurfloor.com, 800-827-6836.



good life, page 30

- Photographed at the **Dana-Holcombe House**, Newtown, Connecticut, danaholcombehouse.com, 203-426-2000.

avocados, page 44

- **Habitat International kiwi green crocodile square serving tray**, about \$65; for store locations, call Habitat International, 415-225-3551.

From kalustyans.com, 800-352-3451:

- **Red quinoa**, \$8.99 for a 14-oz. bag.
- **Pomegranate molasses**, \$9.99 for a 10-oz. bottle.



wine recommendations

Wine recommendations for "Braised Short Ribs," page 36, and Menus, page 96, are courtesy of Patrick Watson at Smith & Vine in Brooklyn, New York. For more great wine ideas, go to smithandvine.com or call 718-243-2864.

big buy, page 20

- **Castella Imports olive medley**, \$6.25 for a 32-oz. jar, castellamarketplace.com, 866-227-8355.



chinese dumplings, page 70

- For more information on **Thy Tran** and the **Asian Culinary Forum**, go to wanderingspoon.com.
- **11-inch straight rolling pin**, \$1.95, wokshop.com/store, 888-780-7171.

From kalustyans.com, 800-352-3451:

- **Black vinegar**, \$12.99 for a 600-ml bottle.
- **Red vinegar**, \$12.99 for a 20.3-fl.-oz. bottle.

cassoulet, page 56

- **Duck leg quarters**, \$2.75 each, mapleleaaffarms.com, 800-382-5546.
- **Le Creuset 9.5-quart Dutch oven**, \$324.95, surlatable.com, 800-243-0852.
- **Gratin dish**, \$198, Le Fanion, Inc.

For information, call 212-463-8760 or visit lefanion.com. (Note that this dish is not flameproof.)



flex your meals, page 62

- **Wild (kaffir) lime leaves**, \$3.99 for 1 oz., templeofthai.com.
- **Luminous porcelain dinnerware**, \$3 to \$4 per piece, pier1.com for store locations.

test kitchen, page 81

- **Young ginger**, melissas.com, 800-588-0151.

For more kitchen tools, go to
FineCooking.com/buy-it



NUTRITION

Recipes	Calories (kcal)	Fat Cal (kcal)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Mono Fat (g)	Poly Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)
EDITOR'S LETTER, P. 6											
Pulled-Pork Macaroni and Cheese with Caramelized Onions	920	410	51	63	46	23	16	3	170	690	3
SUNCHOKES, P. 15											
Pan-Roasted Sunchokes and Artichoke Hearts	160	80	3	17	9	3	4.5	0.5	10	125	4
PICKLED GINGER, P. 18											
Homemade Pickled Ginger (per 2 Tbs.)	25	0	0	5	0	0	0	0	0	45	0
OLIVES, P. 20											
Olive Tapenade Tart with Caramelized Red Onions	220	140	10	8	16	4.5	9	1.5	50	1370	2
Broiled Lamb Loin Chops with Olive-Mint Salsa	480	290	44	3	33	8	20	3	135	970	2
Pan-Roasted Chicken with Olives and Lemon	630	360	60	6	40	11	18	7	200	850	1
SCALLOPED POTATOES, P. 24											
Classic Scalloped Potatoes	270	150	4	28	16	10	4.5	0.5	55	270	2
GOOD LIFE, P. 30											
Good-for-You Blueberry Muffins	200	50	4	33	6	0.5	3.5	1.5	35	220	2
BRAISED SHORT RIBS, P. 36											
Red Wine Braised Short Ribs	450	220	35	7	25	8	11	3.5	80	570	1
Tunisian-Inspired Short Ribs	500	220	36	25	25	8	11	3.5	80	940	4
Hunter's-Style Short Ribs	450	220	35	9	25	8	11	3.5	80	650	2
Tuscan Short Ribs	450	220	35	10	25	8	11	3.5	85	630	2
Provençal Short Ribs	500	240	35	7	27	9	12	4	80	750	1
Southwestern Short Ribs	450	220	35	11	25	8	11	3.5	80	620	2
AVOCADOS, P. 44											
Avocado, Mango, and Pineapple Salad with Pistachios	330	220	4	30	24	3.5	16	3.5	0	80	10
Avocado Frozen Yogurt (per ½ cup)	240	110	5	29	13	3.5	7	1.5	115	45	4
Cold Avocado Soup with Chile-Lime Pepitas	220	160	7	13	17	3	9	4	5	260	6
Quinoa and Avocado Salad with Dried Fruit and Almonds	460	260	9	46	29	4	19	4.5	0	220	11
Chicken Paillards with Avocado and Pomegranate Salsa	430	260	26	20	29	4.5	19	3.5	65	310	9
Guacamole with Roasted Chile, Cumin, and Feta (per 2 Tbs.)	70	50	1	4	6	1	3.5	0.5	0	45	3
VALENTINE'S DAY BREAKFAST, P. 52											
Sour Cream Coffee Cake with Brown Sugar Streusel	400	180	4	51	20	12	5	1	95	210	1
Baked Eggs with Chives and Cream	230	170	13	1	19	9	6	1.5	455	290	0
Candied Bacon (per slice)	70	25	2	9	2.5	1	1	0	5	150	0
CASSOULET, P. 56											
Cassoulet of White Beans with Pork, Sausage, and Duck Confit	670	260	48	53	29	9	14	4	105	1420	15
Duck Confit (per piece)	240	130	25	0	15	4	7	2.5	110	380	0
FLEX YOUR MEALS, P. 62											
Broccoli and Shiitake Stir-Fry with Black Bean Garlic Sauce	240	120	8	26	13	2	6	3	0	1350	5
Broccoli and Shiitake Stir-Fry + Skirt Steak	410	210	24	27	24	5	11	5	45	1580	5
Cannellini Bean and Kale Soup	280	50	12	46	6	1	2.5	1.5	0	700	12
Cannellini Bean and Kale Soup + Italian Sausage	430	160	20	48	18	5	9	3	25	1160	12
Vegetable Red Thai Curry with Snap Peas	410	270	17	24	31	19	7	2.5	0	1410	5
Vegetable Red Thai Curry with Snap Peas + Chicken	470	290	26	21	33	21	6	3.5	75	1240	4
Spicy Red Lentil Dal with Winter Vegetables	320	60	16	51	6	0.5	2	2	0	610	11
Spicy Red Lentil Dal with Winter Vegetables + Lamb	470	130	35	51	14	2.5	6	4	60	650	11
Penne alla Puttanesca	500	160	15	68	18	4	10	2	10	1300	9
Penne alla Puttanesca + Shrimp	550	170	42	47	20	5	10	3	215	2840	7
Fennel, Pepper, and Saffron Stew with Garlic Toast	380	130	15	46	15	4	6	2	10	640	13
Fennel, Pepper, and Saffron Stew + Halibut and Mussels	470	130	34	48	14	2	7	3	40	770	13
CHINESE DUMPLINGS, P. 70											
Pork and Shrimp Dumplings - Boiled (per dumpling)	50	20	3	5	2.5	1	1	0	15	115	0
Pork and Shrimp Dumplings - Pan-fried (per dumpling)	60	30	3	5	3	1	1.5	0.5	15	85	0

Recipes	Calories (kcal)	Fat Cal (kcal)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Mono Fat (g)	Poly Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)
Duck and Shiitake Dumplings - Boiled (per dumpling)	35	5	2	5	0.5	0	0	0	5	55	0
Duck and Shiitake Dumplings - Pan-fried (per dumpling)	40	10	2	5	1	0	0	0	5	35	0
Egg and Scallion Dumplings - Boiled (per dumpling)	40	15	1	4	1.5	0	0.5	0.5	30	65	0
Egg and Scallion Dumplings - Pan-fried (per dumpling)	45	25	1	4	2.5	0	1	1	30	30	0
Soy Dipping Sauce (per 1 tsp.)	5	0	0	1	0	0	0	0	0	330	0
Ginger Vinegar Sauce (per 1 tsp.)	0	0	0	0	0	0	0	0	0	15	0
DEVIL'S FOOD CAKE, P. 76											
Southern Devil's Food Cake	890	470	11	98	53	30	15	4.5	175	440	6
Devil's Food Cake Verrine	640	360	9	67	40	25	12	1.5	150	400	7
TEST KITCHEN, P. 81											
Homemade Tortilla Chips (per 3 chips)	240	90	4	36	10	1.5	4	3.5	0	40	4
MAKE IT TONIGHT, P. 88											
Smoky Rib-Eye Steaks with Loaded Mashed Potatoes	870	470	59	41	52	25	19	2	170	910	4
Crispy Catfish Po' Boys	810	330	35	86	36	5	17	12	110	1360	6
Quick Skillet Mac and Cheese	750	290	36	77	32	19	8	2	95	930	4
Slow-Cooker Osso Buco	460	170	46	15	19	9	7	1	205	710	1
Stir-Fried Brussels Sprouts with Red Pepper	130	60	5	14	7	1	3	2.5	0	440	5
Marmalade Soufflés	140	10	1	31	1.5	1	0	0	5	60	0
Orange and Soy Glazed Chicken Thighs	390	190	33	17	21	6	8	5	115	960	2

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingre-

dients with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ¼ tsp. pepper per serving for entrées, and ⅛ tsp. salt and ⅛ tsp. pepper per serving for side dishes.

COOK'S MARKET

TO FIND OUT MORE

about the products you see advertised in *Fine Cooking*, visit the Advertisers' websites by using our online Shopping Guide.

fine
Cooking®

www.finecooking.com/shopping

EARTHSTONE WOOD-FIRE OVENS



THE ULTIMATE GOURMET APPLIANCE
FOR TASTY AND HEALTHY COOKING
Call for a free brochure - 800-840-4915
6717 San Fernando Rd. Glendale CA 91201
www.earthstoneovens.com



Solid Copper Heat Diffusers & Defroster Plates

Even Heating - No Hot Spots
Fantastic as a Defroster Plate!
They Really Work - Because
Copper conducts heat better
www.BellaCopper.com

(805) 218-3241

Keep your *Fine Cooking* back issues looking brand new.

Bound in red and embossed in gold,
each case holds more than a year's worth
of *Fine Cooking*. Only \$8.95
(\$24.95 for 3, \$49.95 for 6).

Plus shipping and handling. Payable in U.S. funds.
To place an order using your credit card,
call 1-800-888-8286. Outside the U.S.
and Canada call 1-203-426-8171.

SMALL ADS YIELD BIG RETURNS for advertisers featured in the **Cook's Market** section of *fine* **Cooking®**

Call 1-800-309-8940 or visit fcads@taunton.com

BULKFOODS.COM

NUTS, CANDY, CHOCOLATE,
INGREDIENTS & SPICES

Over 2,500+ Items

419-537-1713
Order Online!



HANDMADE PIEROGI

www.milliespierogi.com • 1-800-743-7641

We make our pierogi by hand, using the finest ingredients,
then fully cook before packaging. They arrive fresh at your
door in a reusable foam cooler. Cabbage, potato & cheese,
farmer's cheese, prune, blueberry or potato & onion fillings.
Pick your favorites!

Millie's
PIEROGI

As Featured in The New York Times & Yankee Magazine

one dozen pierogi per tray

Box of 6 trays \$42.00

Box of 10 trays \$63.00

Kapusta + 5 trays \$45.50

Polish Party Pack \$66.00

Polish Picnic \$43.50

Call for S&H



MENUS



Supper in a Bowl

Cannellini Bean and Kale Soup
(+ Italian Sausage)
page 65

Garlic Crostini with Spinach,
Mushroom, and Parmigiano Salad
FineCooking.com

*To drink: Cantina Terre del Barolo
Barbera d'Alba 2007, Italy*

Spicy Red Lentil Dal with
Winter Vegetables (+ Lamb)
page 66

Basmati Rice Pilaf with
Whole Spices, Saffron, and Mint
FineCooking.com

*To drink: Abita Jockamo IPA
Abita Springs, Louisiana*

Fennel, Pepper, and Saffron Stew
(+ Halibut and Mussels)
page 68

Romaine Salad with Hearts of Palm
and Orange-Honey Vinaigrette
FineCooking.com

*To drink: Bodegas Muga Blanco
2008, Rioja, Spain*

Valentine's Day, Your Way

TABLE FOR TWO
Mixed Green Salad

Smoky Rib-Eye Steaks with Loaded
Mashed Potatoes
page 88

Southern Devil's Food Cake
page 78

*To drink: Cantina del Taburno Fidelis
Aglianico del Taburno 2006, Italy*

FAMILY STYLE
Lemon Poached Shrimp Cocktail
FineCooking.com

Braised Short Ribs
page 42

Classic Scalloped Potatoes
page 25

Steamed Green Beans

Devil's Food Cake Verrine
page 79

*To drink: Ransom Selection Pinot Noir
2007, Willamette Valley, Oregon*



Super Bowl Sunday

Guacamole with Roasted Chile,
Cumin, and Feta
page 46

Homemade Tortilla Chips
page 86

Romaine, Bacon, and Tomato Salad
with Croutons and
Tarragon Vinaigrette
FineCooking.com

Crispy Catfish Po' Boys
page 91

Quick Skillet Mac and Cheese
page 90

Caramel-Pecan Brownies
FineCooking.com

To drink: Brooklyn Brewery Local 1

Lunar New Year Party

Chinese Dumplings
page 72

Soy Dipping Sauce and
Ginger Vinegar Sauce
page 74

Broccoli and Shiitake Stir-Fry
with Black Bean Garlic Sauce
page 69

Steamed White Rice

Pineapple, Strawberry,
and Lychee Parfaits
FineCooking.com

To drink: Hitachino Nest White Ale



Bistro Dinner

Garden Lettuces with Baked Goat Cheese
FineCooking.com

Olive Tapenade Tart
page 21

Cassoulet
page 58

Marmalade Soufflés
page 89

*To drink: Cave de Saumur Blanc
Les Epinats 2008, France*





RECIPE INDEX



Cover

Pulled-Pork Macaroni and Cheese with Caramelized Onions and Four Cheeses **8**

Appetizers

Duck and Shiitake Dumplings ... **75**

 Egg and Scallion Dumplings **75**

  Guacamole with Roasted Chile, Cumin, and Feta **46**


  Homemade Tortilla Chips **86**


Olive Tapenade Tart with Caramelized Red Onions **21**

Pork and Shrimp Dumplings ... **75**



Soup & Sandwiches


Cannellini Bean and Kale Soup + Italian Sausage **65**

 Cold Avocado Soup with Chile-Lime Pepitas **50**

 Crispy Catfish Po' Boys **91**
Fennel, Pepper, and Saffron Stew with Garlic Toast
+ Halibut and Mussels **68**


Salads

  Avocado, Mango, and Pineapple Salad with Pistachios and Pickled Shallots **49**

 Quinoa and Avocado Salad with Dried Fruit, Toasted Almonds, and Lemon-Cumin Vinaigrette **47**

Poultry

Chicken Paillards with Avocado and Pomegranate Salsa **51**


 Duck Confit **58**

 Orange and Soy Glazed Chicken Thighs **89**

Pan-Roasted Chicken with Olives and Lemon **21**

Vegetable Red Thai Curry + Chicken **64**

Beef & Pork

 Broccoli and Shiitake Stir-Fry with Black Bean Garlic Sauce + Skirt Steak **69**

 Candied Bacon **55**

Cannellini Bean and Kale Soup + Italian Sausage **65**


 Hunter's-Style Short Ribs **42**

 Provençal Short Ribs **42**

Pulled-Pork Macaroni and Cheese with Caramelized Onions and Four Cheeses **8**

 Red Wine Braised Short Ribs ... **42**


 Smoky Rib-Eye Steaks with Loaded Mashed Potatoes **88**


 Southwestern Short Ribs **42**

 Tunisian-Inspired Short Ribs **42**


 Tuscan Short Ribs **42**

Lamb & Veal

 Broiled Lamb Loin Chops with Olive-Mint Salsa **20**

 Slow-Cooker Osso Buco **91**
Spicy Red Lentil Dal with Winter Vegetables + Lamb **66**


Seafood

 Crispy Catfish Po' Boys **91**

Fennel, Pepper, and Saffron Stew with Garlic Toast + Halibut and Mussels **68**

Penne alla Puttanesca + Shrimp **67**

Beans & Pasta



 Cassoulet of White Beans with Braised Pork, Sausage, and Duck Confit **58**

Penne alla Puttanesca + Shrimp **67**


Pulled-Pork Macaroni and Cheese with Caramelized Onions and Four Cheeses **8**


 Quick Skillet Mac and Cheese ... **90**


Vegetarian Mains

  Broccoli and Shiitake Stir-Fry with Black Bean Garlic Sauce **69**

 Cannellini Bean and Kale Soup ... **65**

 Fennel, Pepper, and Saffron Stew with Garlic Toast **68**


 Penne alla Puttanesca **67**



 Spicy Red Lentil Dal with Winter Vegetables **66**

  Vegetable Red Thai Curry **64**



Side Dishes

  Classic Scalloped Potatoes **25**



 Pan-Roasted Sunchoke and Artichoke Hearts with Lemon-Herb Butter **16**

  Stir-Fried Brussels Sprouts with Red Pepper **90**

Breakfast

  Baked Eggs with Chives and Cream **55**

 Candied Bacon **55**

  Good-For-You Blueberry Muffins **31**

 Sour Cream Coffee Cake with Brown Sugar Streusel **54**

Sauces & Preserves

  Ginger Vinegar Sauce **74**

  Homemade Pickled Ginger **18**


   Soy Dipping Sauce **74**

Desserts

  Avocado Frozen Yogurt **49**


 Devil's Food Cake Verrine **79**

  Marmalade Soufflés **89**

 Sour Cream Coffee Cake with Brown Sugar Streusel **54**

  Southern Devil's Food Cake **78**

 **VEGETARIAN:** May contain eggs and dairy ingredients

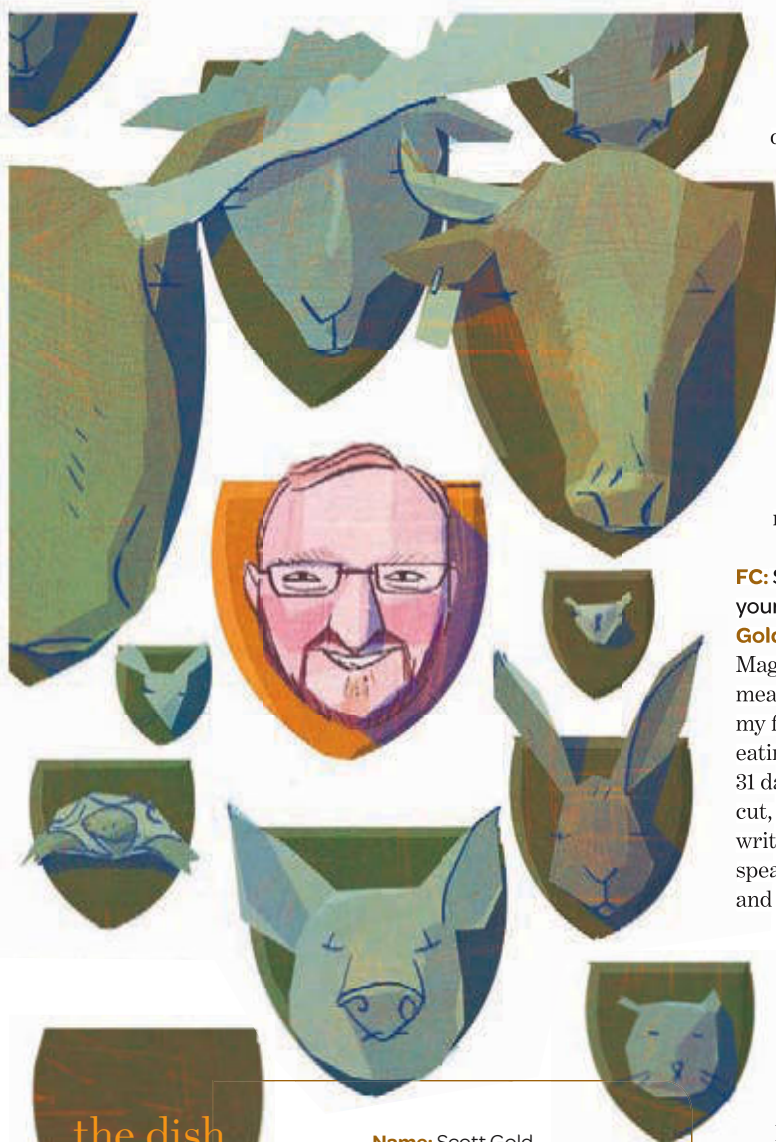
 **MAKE AHEAD:** Can be completely prepared ahead (may need reheating and a garnish to serve)

 **QUICK:** Under 30 minutes



Scott Gold

A carnivorous missionary spreads the word on the thrill of adventurous meat-eating. **BY JANE SIGAL**



the dish

Name: Scott Gold

Age: 32

Job: Author of *The Shameless Carnivore: A Manifesto for Meat Lovers*

Started: 2005

Where: Brooklyn, New York

Known for: Attempting to eat 31 different animals in 31 days

Find out more: shamelesscarnivore.com

Fine Cooking: Why do you call yourself “The Shameless Carnivore”?

Scott Gold: I love meat dearly and always have. But these days, some people think they’re going to save the world by making everybody a vegan. As long as we don’t eat defenseless animals, it seems to be socially acceptable to subsist on a diet of cigarettes, croutons, and energy drinks. I think it must be said: Defenseless animals taste really, really good.

FC: So how do you spread your meat-loving message?

Gold: I see myself as a meat Magellan, exploring the whole meaty landscape and sharing my findings. I decided to try eating 31 different animals in 31 days, as well as every part, cut, and organ of a cow, and writing a book about it. Now I speak at meat-centric dinners and write about my love for meat on blogs and in magazines.

FC: How did you start on your “month of meat”?

Gold: I wrote down every animal I thought might be available and brought the list to my butcher. He got me as much as he could, and I ordered everything else online. From there, it was a matter of trying to find recipes and plan cooking parties with my friends. One night we had Tibetan yak dumplings paired with quail quesadillas and jambalaya with ground llama meat. It was delicious, but definitely bizarre.

FC: Did you cook everything yourself?

Gold: No, I took advantage of New York’s ethnic restaurants, like when I ate a guinea pig. It was at an Ecuadorian restaurant, where it was roasted on a spit like a suckling pig. It was kind of terrifying. Eating a whole, roasted rodent—I mean, you try not to freak out.

FC: You also hunted some animals?

Gold: I went squirrel hunting, which was difficult, both physically and emotionally. If you’re used to meat coming from the supermarket, as I was up to this point, it’s completely alarming and shocking to kill something and eat it. But it was tremendously tasty.

FC: Of all the meats you tried, do you have a favorite?

Gold: Wild turkey. It’s one of the best things I’ve had in my entire life. It’s lean, and the flavor is intensely turkey.

FC: What did you learn from this experiment?

Gold: Once I’d cooked what I could get at the butcher, ate what I could find at restaurants, and hunted, I felt like I still had to butcher an animal to fully participate in the process of putting meat on the table. So I spent a day with Bernie The Cow that started with patting him on the head and ended with packing my steaks and chops into a cooler. I now have way more respect for meat.

Jane Sigal is a cookbook author and food writer.

I M P O R T E D F R O M I T A L Y

Amore®

A LITTLE LOVE
GOES A LONG WAY™

Capture the romance of real Italian taste. Concentrated Amore pastes are convenient, fun to use, and all natural. Give us a squeeze and bring vibrant flavors, grown in Italy, to your recipes. Or visit our website and get recipe suggestions from an expert Italian cookbook author.



WIN the
Venice Valentine Diamond
from Italy's City of Love

Look for packages
with this sticker



Find delicious romantic recipes
and your chance to enter at amorebrand.com

**CAN 100%
NATURAL
BREAD
REALLY
TASTE
DELICIOUS?
APPARENTLY
SO.**



100% Natural. It's written on every package of our Nature's Pride bread. So you get nothing but delicious, wholesome ingredients... along with a few smiles.

100% NATURAL. 100% DELICIOUS.

